

WJA
A211m
1898

MALE SEXUAL HEALTH



NLM 00134082 8

SURGEON GENERAL'S OFFICE
LIBRARY

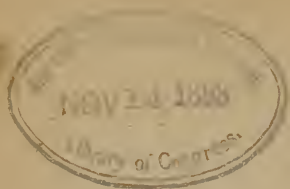
~~NEED~~

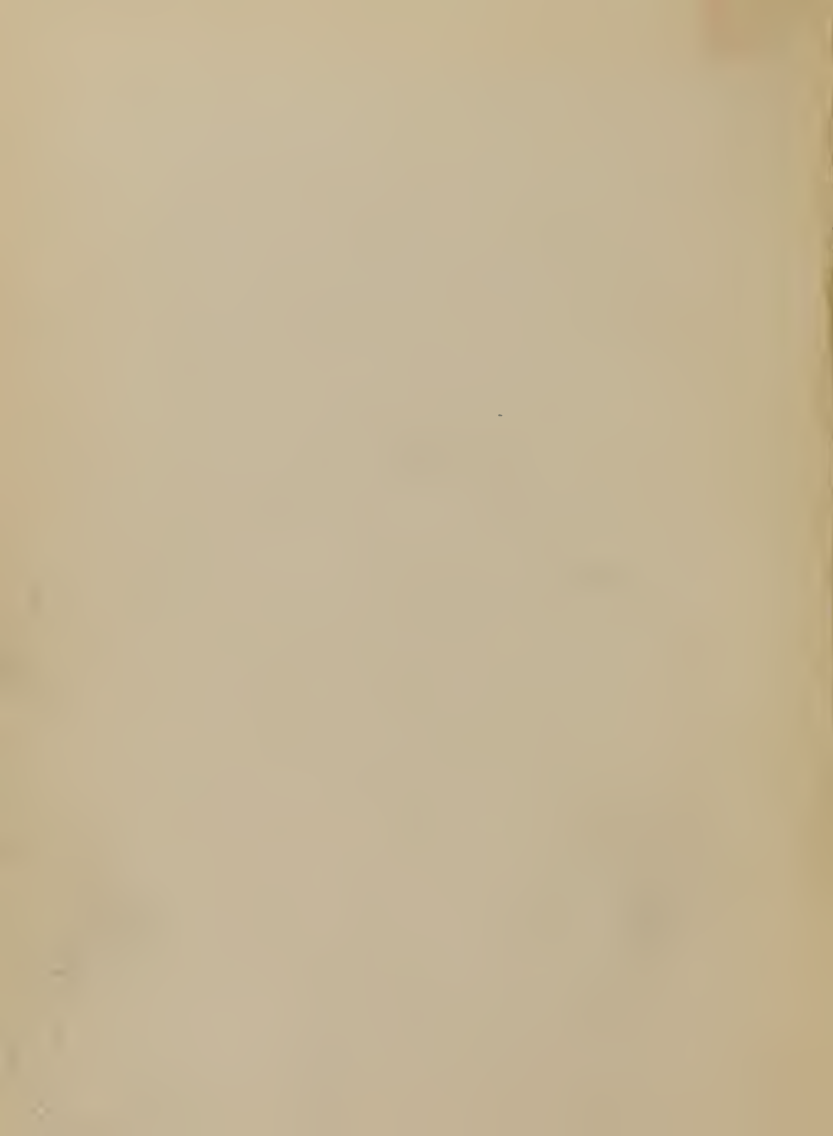
Section _____

Form 113c
W.D.,S.G.O.

No. 291315







Male Sexual Health

A Gold Mine of value to every Man,
Married or Single

A Plain, Practical, Up-to-date Guide to all men,
who value Sexual Health and Strength.
Showing in direct language,

The Preservation of the Male Generative System and the Dangers of its Abuse.

How to Care For and Perpetuate Sexual Powers, How to
Stop Losses of Vital Fluids. How to Strengthen
the Reproductive Organs. How to
Nourish and Enrich the
Blood and Tissues.
Together with

A PRACTICAL DIGEST OF THE CAUSE, SYMPTOMS
AND CURE OF

Genito-Urinary Diseases in the Male,

With Modern Prescriptions and Advice for Home Treatment

BY

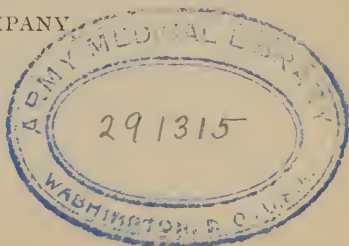
ARCHIBALD ADAMS, A. M., M. D.,

Author of "Modern Therapeutics," "Home Medical
Guide," Etc., Etc.

Philadelphia.

LEE PUBLISHING COMPANY

1898.



WJA
A211m
1898

Entered according to Act of Congress,
in the year 1898, by V. VOLDO, in the office of the
Librarian of Congress, at Washington.



1st COPY,
1898.

45162 July 29.98

PREFACE.

The subject of this book is Self Preservation, and its motive is to contribute to the improvement of the condition of mankind, especially teaching the laws of health of the Male Sexual System, a matter of the gravest importance to the individual, the state, the nation, and our common humanity.

The human wrecks that bestrew our cities to-day, the numbers who enter the marriage state fit only to curse society by the fatherhood of a feeble and degenerate progeny, accentuate the fact that this matter of *healthful generation* has been inadequately taught, and the penalty of ignorance is the existence of unnecessary human suffering, and arrest of the progress of the race itself.

False notions of prudery or modesty should not exclude this book from the hands of all, be they old or young. A beneficent Creator made the sexual organs as sacred and decent as any other, nor can they subserve the high uses intended by Nature unless shielded from abuse and injury, and their health preserved with intelligent care.

Every man, married or single, owes it as a duty to himself and to society that he possess a manly physique and a healthy sexual organism. Without these he cannot render the service of the highest citizenship, nor contribute his share toward the preservation and perpetuity of

“—— The vigorous race
Of undiseased mankind.”

Though small in size, this little book, with its terse, direct style, contains as much SOLID MEAT for the mind as is usually spread out over volumes of five hundred pages. It is written in plain language, and is hence intelligible to the general reader.

THE AUTHOR.

CONTENTS.

PART I.

THE MALE ORGANS OF GENERATION :

	Page
The Penis.....	8
The Testicles	9
The Scrotum	10
The Urethra.....	11
The Prostate Gland.....	12
The Kidneys	13
The Ureters.....	13
The Bladder.....	14
The Semen.....	14
Dangers of Excessive Loss of Semen.....	15

PART II.

GENITO-URINARY DISEASES—THEIR CAUSE, SYMPTOMS AND CURE.

Simple Diseases of the Glans Penis.....	19
Spermatorrhea.....	22
Causes of Spermatorrhea.....	23
Onanism as a Cause of Spermatorrhea.....	24
Symptoms and Effects of Spermatorrhea.....	25
Treatment and Cure of Spermatorrhea	29
Impotency.....	33
Diseases of the Testicles.....	35
Inflammation and Swelling of the Testicles.....	36
Wasting of the Testicles.....	38
Irritable Testicles.....	40
Stricture of the Urethra.....	42
Phimosis.....	45
Paraphimosis.....	46

PART II. (Continued.)

	Page
Hydrocele.....	47
Varicocele and Circocele.....	48
Conorrhea, or Clap.....	49
Gleet	54
Balanitis	56
Prostatitis	57
Chancroid.....	61
Syphilis, or Pox....	63

PART III.

HOW TO PROMOTE AND PRESERVE SEXUAL HEALTH—
THE PRESEVATION OF THE MALE SEXUAL SYSTEM.

General Health.....	72
Excesses.....	73
Influence of Alcohol upon the Sexual System.....	73
Influence of Tobacco.....	74
Influence of Opium.....	76
Influence of Drugs.....	76
Influence of Odors and Scents.....	77
Danger of Constipation and of Certain Purgatives..	77
Exercise as Affecting the Genitals	78
Effect of Muscular Labor on the Generative System	79
Effect of Mental Labor.....	79
Healthful Limit of Marital Indulgence.....	80
Proper Time for Sexual Intercourse.....	82
Cold Water Genital Baths.....	83
General Hygiene of the Sexual System.....	83
WHAT TO EAT AND DRINK TO PROMOTE SEXUAL HEALTH, AND WHAT TO AVOID.	86
THE BRAIN AND THE GENITAL SYSTEM,	93
HOW TO PREVENT BRIGHT'S DISEASE.	96

PART I.

Organs and Functions Described.

The Male Organs of Generation.

THE delicate and wonderful mechanism of the male generative organs has commanded the admiration of philosophers from the time of Aristotle to our own day and age.

Their importance is so great that upon their proper preservation not only depends the general health and happiness of the individual, but the health and well being of the State, and the essential perpetuity of the human race.

The Male Generative Organs are partly external and partly internal.

The external Organs consist of the Penis, Testicles, Urethra and Scrotum.

The internal Organs comprise the Vasa Deferentia, two Tubes which convey the Semen from the Testicles; the Seminal Vesicles, the Ejaculatory Canals, Prostate Gland, a certain portion of the Urethra, and other necessary organs comprising the Genito-Urinary System.

Recent discoveries concerning these Organs and the Male Semen will be incorporated in this book.

THE PENIS.

This organ is a cylindrical gland consisting of two parts or bodies, each very spongy or porous. The larger or upper part is now described as comprising *two* cavernous bodies, hence called Corpora Cavernosa. The under part, somewhat more spongy in structure, is the Corpus Spongiosum.

Both parts are enveloped in loose folds of integuments, and extend from the Pelvic Bones to the Glans Penis. Beneath the rounded under edges of the two parts of the Corpora Cavernosa a kind of groove is formed through which passes the Urethra, or urinary passage from the bladder.

The Glans Penis, or Bulb of the Urethra, is in its structure like a section of a cone and is the termination of the Corpus Spongiosum, or spongy substance of the urethra. Its external covering is a thin, sensitive and vascular membrane, beneath which is located the nervous papillæ, the principal seat of both pleasure and pain to this delicate part.

Excepting the end, or Glans Penis, the whole organ is enveloped by the skin, the inner fold of which is attached to the extremity of the Corpus Cavernosum; the outer folds continuing beyond, may be drawn to and fro over the Glans, although unattached thereto. This foreskin is called the Prepuce, and is that which was cut off in the ancient Jewish rite of circumcision.

The Corona Glandis is the elevated ridge on the upper or posterior margin of the Glans Penis.

Directly behind this is the Cervix, or Neck, a depression in which are several glands which discharge a whitish secretion of a peculiar odor. This accumulates in quantity and offensiveness unless habits of cleanliness are carefully observed.

The uses of this organ are two-fold. It is, firstly, a conduit through which the urine passes from the bladder, and, secondly, it serves as a conductor to convey the semen into the female organs. For the latter use *erection* is necessary, the phenomena of which will be fully treated further on.

THE TESTICLES.

The Testes, or Testicles, are glandular bodies, generally two in number, and are described as the most essential of the male generative organs. They are found outside the body enveloped in a sac called the Scrotum, and which is suspended from the pubic bone.

Like the female Ovaries the Testicles do not begin their proper offices of secreting semen until the age of puberty. Unlike the Ovaries, however, their powers are not relinquished at any special age, but, by preservation, may be indefinitely continued.

These organs consist of three kinds of vessels, namely—Veins, Arteries and Seminal Tubes, all of which are intimately connected by a cellular tissue with numerous absorbents, nerves and Lymphatics. Upon dissection each Testis is found to be com-

posed of minute blood-vessels and a large number of little tubes containing semen.

The Testes are supplied with blood from the main arterial trunk by long tenuous branches, called spermatic arteries, and from this the semen is formed, which process of secretion gives to these organs their great value and importance.

The number of the little seminal tubes employed in this function exceeds sixty thousand to each Testis. Gradually uniting together they form larger branches, finally terminating in the tube called the Vas Deferens. This tube issues from each Testis, and receiving the entire contents of the minute seminal tubes, it ascends through the spermatic cord into the abdomen. Here connecting with the Seminal Vesicles the semen is passed through the Ejaculatory Canal and the Prostate Gland into the Urethra, and thence down the Penis is finally ejected into the female organs.

Each Testis is connected with the body by the spermatic cord. This is a kind of tube which contains the main arterial branches, etc., passing into the Testis, together with the Vas Deferens which comes from it

THE SCROTUM.

The Scrotum, or Purse, is the outside inclosure of the Testes. This bag of skin is divided vertically about the middle into two equal parts by a slight ridge or septum called the Raphe. Directly

within the Scrotum is a cellular membrane, the Dartos, which provides an entirely separate sac for each Testis. These sacs are separated by a partition composed of a vertical membrane, and thus the two Testicles are entirely unconnected the one with the other.

The Scrotum is generally covered with hairs at puberty.

In a state of health the muscular fibres of the Scrotum are sufficiently contracted to fold the skin compactly, and brace the Testicles well up against the Abdomen.

The relaxation of the Scrotum, on the contrary, is a sure sign either of debility, old age, great fatigue or bad bodily habits.

During coition the scrotal muscles of a healthy person act so powerfully as to brace the Testicles firmly against the Pelvis. But in old people, and in cases of impotence, the semen is expelled with insufficient force owing to this loss of power.

THE URETHRA.

The Urethra, in the male, is a vascular, membranous canal extending from the bladder to the end of the Penis through which the urine is passed. Starting from the neck at the base of the bladder it passes through the Prostate Gland, receiving a short distance from the bladder the outlets of seminal ducts.

The Urethra is a highly sensitive canal. It is

surrounded by tissues of extreme delicacy and lined with a mucous membrane almost transparent and highly vascular. Without the power of muscular contraction in itself, it is supplied with muscles which assist in the act of expelling urine, and also the semen during coition.

THE PROSTATE GLAND.

This gland in size and shape resembles somewhat a large chestnut. It is located immediately below the bladder and above the rectum, and surrounding the urethra. As age advances the gland enlarges sometimes so considerably as to press upon the bladder and impede the flow of urine. This effect or disease, called Hypertrophy, is often erroneously confounded with stricture, gravel or stone in the bladder.

These several organs comprising the male system of generation are thus seen to perform special and specific functions.

The Testes, securely protected by the Scrotum, secrete the semen from the blood. The Vas Deferens and Ejaculatory Canal convey the seed to the Urethra, and this added to or modified by secretions from the seminal vesicles and Prostate Gland is finally expelled by the Urethral muscles into the penis, and by this gland deposited in the female organs.

Other organs of the Genito-Urinary system may now be briefly noticed.

THE KIDNEYS.

These are glandular bodies, oblong in shape, somewhat resembling the kidney bean. They are located on either side of the spine, behind the stomach and intestines. The right kidney, which is the larger, is seated below the liver, the left below the spleen.

The function of the kidneys is to eliminate certain waste materials from the blood, hence are solely engaged in the secretion of urine

The urine passes through the ureters as fast as secreted and is deposited in the bladder.

It has been estimated that almost as large a volume of the wastes of the system are ejected through the kidneys as by dejection through the rectum, and hence the great importance attached to the health of these organs.

The secretions of the kidneys are considerably influenced by the passions and various emotions of the mind.

THE URETERS.

The Ureters are two in number, one leading from each kidney into the bladder.

They are long hollow tubes, and comprise a continuation of the pelves of the kidney.

They are lined with a continuation also of the mucous membrane, reflected from the bladder and extending upwards to the cavities of the kidneys.

The use of the Ureters is to convey the urine from the kidneys into the bladder.

THE BLADDER.

The bladder is a kind of sac, or reservoir of oval shape, whose office is to receive and retain the urine as emptied therein from the kidneys by the ureters.

It is located in the lowest part of the body called the pelvis. In the male it lies directly on the bowels, while in the female the womb intervenes between it and the rectum.

The composition of its walls is partly of muscle, and partly of a lining mucous membrane, the muscular coating being external, and by the contraction of which the urine is expelled.

The size of the bladder varies, admitting, upon occasion, of surprising distension. When quite empty it shrinks to a small size, while in its distended condition it is capable of holding from one to one and a half pints.

THE SEMEN.

This vital fluid, or vivifying principle, secreted by the male testes from the blood, is a yellowish-white substance of the consistency of mucous and of a peculiar odor.

First secreted by the testicles it is afterward intermixed with certain fluids secreted by the prostate and Cowper's glands.

The chemical composition of the semen is thus seen : Given 1000 parts, there are of water 900 parts ; of animal mucilage 60 ; of soda 10 ; of phosphate of

lime 30. To which is added a peculiar animal principle of unknown composition.

The fertilizing property of this fluid is due to the existence therein of numerous minute bodies, or living beings, called *Spermatozoa*, or *Zoospermes* or *Seminal Animalculæ*.

These minute beings possess polliwig-shaped bodies, with large heads, and long tails or filaments, their movements being not unlike those of polliwigs, save that they seldom turn backward, but possess an almost invariable disposition to go *straight ahead!*

The *Spermatozoa* are developed from a species of egg, called the seminal granules, clearly seen under the microscope, and which undergo regular changes like unto those of the female ovary.

M. Pouchet has estimated their length to be the *ten thousandth part of the breadth of an average hair*. A space no larger than a mustard seed may contain, he asserts, *fifty thousand of them!*

DANGERS OF EXCESSIVE LOSS OF SEMEN.

We have just seen that the smallest portion of this vital fluid consists of a mass of living units, each capable of imparting life to a prospective human being. These seminal animalculæ comprise the vital principle of this fluid; they come from the best there is in the human body, *and are the very essence of human life.*

The value of this animal liquor is shown by a statement, confirmed by the highest medical authorities, that *one ounce of semen is equal to forty ounces of blood.*

Hippocrates says: "The seed of man arises from all the humors of his body, *and is the most valuable part of them.* When a person loses it he loses the *vital spirit.*"

All this being absolutely true it is plain that *to part with semen is to part with life itself*—with a portion of one's very existence. This is alike true whether the fluid itself is pure and healthful or vitiated or diseased; the loss of it creates a waste equally great to the general system, and which a debilitated condition is the less able to repair.

George Howard Jones, a great authority on this subject, says: "A moment's consideration will suggest how necessarily an excessive and continuous drain of the most invigorating fluid contained in the system must lead to prostration and decline. That fluid, be it recollected, is *not simply an excrementitious material intended to be voided like other matters* which nature expels from the body; it is intended to be retained therein, with the exception of the comparatively small portion which may be healthfully employed from time to time in the consummation of the nuptial rites."

In another place the learned author refers to semen as "the most important fluid of the human body," and continues: "The preternatural loss of

semen being in fact a loss of the material essential to the constitution of the manly character, the masculine traits are gradually weakened. * * It is abundantly certain that the mere loss of seminal fluid in immoderate quantities, or through any but the sexual orgasm ordained by nature, is, *per se*, certain to produce, sooner or later, most disastrous consequences to the reason as well as to the physique. The semen itself, let me repeat, is meant to be the cherisher and nourisher of health and strength in the whole organization ; to be taken into and intermingled with the circulating fluids, and through these to distribute its invigorating properties all over the frame."

The *manner* of wasting—the different ways in which semen may be parted with—has nothing to do with the dangers of its loss.

It can be wasted through excessive sexual indulgence as well as by forced masturbation, the loss either way being damaging to the health. Then in morbid conditions it may be eliminated by involuntary nocturnal or diurnal emissions, or imperceptibly oozed away at stool or in the passage of urine, generally showing disease either in the *vesicula seminales*, or seed bladders, or the testicles.

But the most frequent form of seminal loss is that of the monstrous habit of self-abuse, the effects and dangers of which are thus depicted by Hufeland .

" Hideous and frightful is the stamp which Nature affixes on one of this class. He is a faded rose, a

tree withered in the bud, a wandering corpse. All life and fire are killed by this secret cause, and nothing is left but weakness, inactivity, deadly paleness, wasting of body and depression of mind. The eye loses its lustre. * * The whole body becomes sickly and morbidly sensitive, the muscular power is lost, sleep brings no refreshment. * * Boys, who before showed wit and genius, sink into mediocrity, or even become blockheads; the mind loses its taste for all good and lofty ideas, and the imagination is utterly vitiated. * * The waste of that which gives life generally produces disgust and weariness of life, and leads to that peculiar kind of self-destruction, *par debit*, from sheer disgust of existence. Moreover, the digestive power is destroyed, the blood is vitiated, the chest obstructed, the whole body becomes dried and wasted, and in the end come epilepsy, consumption, slow fever, fainting fits and an early death."

PART II.

GENITO-URINARY DISEASES.

Their Cause, Symptoms and Cure.

THE prepuce or foreskin, as previously described, is a sort of cap, composed of skin outside and mucous membrane inside, which folds over and covers the glans penis, or end of the male organ.

This is usually capable of being retracted so that the glans may be fully exposed.

Sometimes, however, the retraction of the foreskin is an impossibility. Often through its excessive fleshiness it extends beyond the glans, or, if drawn back forcibly it immediately re-covers the glans when released.

In such cases the glans is kept constantly covered by the foreskin, contrary to the laws of health, which require that the glans be freely exposed.

That not only the sexual but general health demands the *exposure of the glans penis* is a fact perceived from the remotest past. Hence, *circumcision*, the cutting of the foreskin, was practiced as a sanitary measure by the ancients far in advance of Abraham, and the Jews, who incorporated it into their system as a fundamental religious rite.

While the glans penis is one of the most sensitive points of the human body, it is not particularly rich in nerves of ordinary feeling. When, however, in the act of coition, the glans comes in contact with the moist warm lining of the female vagina, its nerves are naturally excited, while friction increases the sensibility and pleasure peculiar to intercourse.

Because of the extreme sensitiveness of the glans the excitement of its nerves by sexual intercourse is one of the most exhaustive of the processes of animal life.

The harmfulness of a long foreskin is partly due to the fact that it usually occasions an excitement of the nerves of the glans similar to that of coition, and which, if somewhat milder, is far more enduring, and inevitably exhaustive. Again, the elongated foreskin, whether loose or tight, irritates the thin vascular membrane with which the glans itself is covered, together with the nervous papillæ directly beneath, thus often resembling the effects of a perpetual self-abuse to which, indeed, the irritation is too often the open door.

Moreover, we have seen that just behind the Corona Glandis is a depression called the Cervix, or neck. This is supplied with a number of glands or small orifices which discharge a whitish fluid or secretion of a peculiar odor. Physiologists have found that unless this secretion is removed, and the neck cleaned by frequent washing, an irritation is

often occasioned much resembling certain impure diseases to which the male organ has been liable from the remotest antiquity. Such cleanliness is, of course, only possible where the foreskin is fully retracted, or removed, and the glans freely exposed.

Twitchings, headache, stammering and even epilepsy, together with a malady resembling hip disease, are troubles often directly traceable to the two conditions just described.

The remedy lies in the habitual and permanent retraction of the foreskin and absolute cleanliness. If circumcision is necessary to this end then the patient should be circumcised, purely as a sanitary measure.

Other troubles are sometimes occasioned by the contraction of the Frænum or cord which binds the prepuce underneath at the end. This cord may be so short as to pull the point of the glans well under, often bending the organ so much as to either prevent connection, or else prevent the semen from being thrown straight forward.

This may be easily remedied by simply severing the cord, which nearly any person may do for himself with ease.

A pair of scissors or lancet may be used, some employing a razor. Cut the cord at the end and only deep enough to sever it. The parts may then be dressed with a cloth dipped in cold water, and

in such a way as to keep them asunder until healed, since otherwise they may grow together again.

Other causes than contraction sometimes give a wrong direction to the penis, whereby association is generally impossible. Such, for example, as tumors, aneurisms, and swellings of the veins.

Long continued and forcible erections sometimes cause rupture of the cells or vessels, inviting an accumulation of blood. These tumors occur on one side or the other, of course turning the penis to the opposite direction. They are generally painful and pulsate with distinctness. They may be treated by the application of cold astringent lotions, though it is often necessary to bind a flat disc of smooth horn over the tumor to reduce swelling and accumulation of blood.

Scrofulous tumors may also appear in the penis, and accumulations of calculi, like stone in the bladder. Where these occur the Urethra may suffer such compression as to prevent the passage both of the urine and semen. A regular physician will have no trouble in removing these obstructions.

SPERMATORRHEA.

Or excessive loss of semen. A destructive waste of the vital fluid, producing ravages to both body and mind of the most serious character, giving rise to a long train of wasteful diseases, and culminating, unless arrested, in Impotency, Consumption, Epilepsy, Paralysis, Softening of the Brain, or Insanity.

CAUSES OF SPERMATORRHEA.

There are many causes of this dread disease, the best known of which may be briefly enumerated :

First, it may be inherited, like other diseases, accompanied with a general weakness of the parts, and incontinence of urine.

The abuse of Cantharides, Phosphorus, Opium, Tobacco and Alcohol may both produce and aggravate it.

It may be caused by Venereal or Gonorrheal affections previously suffered.

Chronic skin diseases, or worms in the rectum are occasional causes.

It can undoubtedly occur, also, as the effect of strict continence, a fact generally absent in treatises of an alarmist type. Involuntary emissions or nocturnal emissions, since they occur most frequently at night, are at first nature's sanitary efforts to relieve herself, and few men of good health and warm temperament can long remain continent without experiencing such relief. When their occurrence is wide apart no hurtful results follow. But, unfortunately, their tendency is to become frequent, until from one emission a month they are at last repeated nightly, constituting an actual disease. The seminal sacs become so weakened that slight mental influences, the friction of clothing, or even the warmth of the bed, will affect local irritation and an expenditure of semen. Thus many a man of virtue and continence, who has

never indulged in sexual intercourse, has been overtaken by the identical misfortune suffered by the most reckless libertine or victim of self-abuse.

Excessive sexual indulgence is a very frequent cause of Spermatorrhea, and it is therefore found among the married as well as the unmarried. The obedience of social laws as to marriage has nothing to do with the disobedience of Physiological Laws which govern health.

Any undue waste of the vital fluid is bound to debilitate. The blood is robbed of its richness, the animating powers of the body become exhausted and the general constitution enfeebled. The organs now fall into a state of constant irritation which is finally shared by the bladder. The Ejaculatory Ducts open from the slightest cause, and at length lose their power to close again. The urine, more or less inflamed, passes over these ducts and is nearly always mixed with the wasting semen. Spermatorrhea is now established, and impotency is next in order.

ONANISM AS A CAUSE OF SPERMATORRHEA.

But undoubtedly the most common cause of this disease is the habit of masturbation ; an attempt to artificially procure the sensations due to sexual intercourse.

Hippocrates, referring to the value of the seminal fluid, says: "The seed of the man arises

from all the humors of his body, and is the most valuable part of them. * * When a person loses his seed, he loses his vital spirit."

Some physiologists assert that the loss of one ounce of semen by self-abuse is as weakening to the system as the loss of forty ounces of blood. Hence the daily loss of this vital secretion is more rapidly destructive, the debility being more general, because the brain and nerve forces are directly drawn upon for its production.

Galen on this point says: "The same causes occasion disorders of the brain and nerves, and *destroy the powers of the genital system.*"

Thus the evils of self-abuse are two-fold: they break down the bodily health and the nervous system at the same time, the whole resulting in the total collapse of the male generative system, and a chronic spermatorrhea.

SYMPTOMS AND EFFECTS OF SPERMATORRHEA.

The Testes of a healthy man secrete from the blood the semen, or genital fluid, and this gradually collects in a small sac which in time becomes distended. Nature now sets in motion a train of phenomena tending to its discharge, and hence the natural desire for sexual intercourse.

The act of evacuation, however, is injurious when nature does not call for it; when it is forced and unnecessary. The seminal sac has just emptied

its contents, but the organs, scarcely capable of erection, are again excited and stimulated until repeated orgasms have been forced, with the discharge of a mucous, each time thinner and more gleety.

A serious irritation is the result, whether the excess has been by intercourse, or by self pollution.

Because of this irritability the seminal receptacles either become incapable of retaining the semen, or otherwise it is discharged independent of the excitements of coition, in the forms of both nocturnal and diurnal emissions. It is those *involuntary* losses that indicate the extensive and confirmed nature of this disease.

The ancients and moderns are in accord as to the symptoms and effects of spermatorrhea, and sexual abuses.

Hippocrates says: "This disorder arises from the spinal marrow, and those who are given to unnatural enjoyments are afflicted with it. They have no fever, and though they eat well they fall away and become consumptive. They feel as if a sting or stitch descended from the head along the spinal marrow. Every time they go to stool, or have occasion to make water, they shed a great quantity of seminal liquor: they are incapable of procreation, and they frequently dream of the act of coition. Walking, particularly in rugged paths, puts them out of breath, and weakens them, occa-

sioning a heaviness in the head and noise in the ears; which are succeeded by a violent fever, (lypiria,) which terminates their days."

Dr. Frederick Hollick says: "Some of the first effects are exhibited upon the parts more immediately connected with the Genitals, particularly the Urinary organs. The irritation speedily extends from the Ducts and Vas Deferens to the Urethra, and finally to the bladder, which becomes in consequence so sensitive that it cannot retain the smallest quantity of urine without inconvenience.

The patient is therefore constantly desirous to urinate, though but little fluid escapes when he does so. * * Ultimately this irritation may become so bad that all voluntary power over the bladder is lost, and the urine then escapes constantly, without the patient being able to control it. This irritation of the bladder is usually one of the *first indications* that a man has exceeded the bounds of moderation, though it does not always occur, even in the most confirmed cases of involuntary emission. * * When the irritation has existed long in the bladder it is apt to extend along the Ureters to the Kidneys, and produce there all the symptoms of inflammation of the Kidneys, and of Gravel, with great weakness and pain in the back. * * Another part very apt to suffer from Spermatorrhœa is the Rectum, or large intestine, which is in direct communication with the Prostate Gland

and Seminal Vesicles. * * At times the mucous coat partakes of the general irritation, and then we have Diarrhoea exhibited, and no medication whatever can check it so long as the Spermatorrhea continues."

Other symptoms are nervous irritability, and loss of nervous energy. Distaste for all activity, play or labor. The eye loses its lustre, is often blood-shot, weak and watery. The face is pale, blotched and bloated, with a determination of blood to the head. The patient gradually becomes emaciated, with tremblings in the knees, and weakness in the loins and legs. The urine is cloudy with semen or mucus, or with brick-dust deposits often tinged with blood.

Erections are imperfect or impossible. Sometimes impotency is indicated by the very lengthy coition necessary before the semen can be ejected, then again it is prematurely discharged. The seed itself gradually becomes thin and gleety, incapable of fecundating, and the patient has lost all power of procreation.

The following diseases, hereafter described, may be, and frequently are, the direct effects of spermatorrhea: Stricture of the Urethra; Wasting away of the Testicles; Varicocele; Hydrocele; Impotency; Prostatorrhoea; Disease of the Prostate Gland; Consumption; Paralysis; Epilepsy; Softening of the Brain and Insanity.

TREATMENT AND CURE OF SPERMATORRHEA.

The cure of this fell disease is absolutely necessary to the existence of health or the continuance of life, and *no cure is possible* in the nature of things until the *habits are discontinued* which first occasioned the disease. Whether these habits be those of immoderate sexual indulgence, or those of masturbation, they must be *rigidly stopped as the first condition of cure*.

To this end the patient must first achieve a *moral* victory. He must become master of himself, and summon every manly impulse of his being to a brave battle for health and vigor.

Hygienic Measures.—Sufferers from Spermatorrhea will first profit by the following hygienic advice.

Sleeping.—Avoid FEATHER beds. Sleep on a hard bed with just sufficient covering to be comfortable. Warmth about the genitals promotes their excitement. On the contrary abundant bedclothes from the middle of the thighs downwards will insure the warmth of the extremities, and draw the blood from the generative organs.

See that the bed-chamber is well ventilated.

Do not lie upon the back, since in that position the patient is more liable to nocturnal emissions.

Since lascivious dreams usually come in the unsound second naps of the early morning, it is often expedient to avoid going to sleep after early

awakenings. On general principles seven hours of *sound sleep* are better than nine hours of unsound sleep.

Urinate the last thing before retiring, and also during the night if awake. The fuller the bladder the greater the heat, and *heat occasions dreams*.

Exercise.—The daily life should aim to assist the circulation of the blood, thus invigorating nutrition, and increasing the activity of all the bodily functions.

On arising in the morning bathe the hands in cold water, dry them, and then rub the surface of the body until the reddened skin shows that reaction has set in. Otherwise a coarse towel may be used.

Regular daily habits of moderate exercise should be cultivated, at first quite gentle, and then more vigorous as the strength increases.

Any and all exercise which irritates, rubs, chafes or excites the generative organs should be carefully avoided, such as climbing, jumping and especially horseback riding, the effects of which being often quite serious to patients.

Bathing.—Take a cold sponge-bath before breakfast or upon retiring. Otherwise a sitz bath once or twice daily before either breakfast or dinner, and at bed-time. Let the water be 95° F. Take bath in a wash tub, and sit for 30 minutes, the water covering hips and belly. To avoid

draughts wrap the patient with some covering gathered at the neck.

Eating.—Eat three times daily at intervals of five hours, and nothing between meals.

Eat what agrees with you, avoiding highly seasoned and stimulating foods and cookery. All spices are forbidden, together with radishes, onions and horseradish. Farinaceous food, farina in any form, is always innocent, but highly blood making. No breakfast is superior to Rolled Oats or Cracked Wheat ; Rice and Indian pudding are commended. Use fresh butter and coarse bread, or brown bread, potatoes, fruits, melons, eggs, rice, beans and milk. Mutton, poultry, oysters and fish to be preferred among meals and well cooked. If possible, avoid drinking at meals, thus stimulating the salivary glands, which, if developed, will sufficiently moisten the food with saliva and thus promote its conversion into blood. Supper should be the lightest meal of the day and eaten on or before six o'clock.

Drinking.—Patients should avoid the use of alcoholic drinks, either spirits or beer. Light wines are less injurious, but no wine is still better. Hot water drank after meals, and cold water between, as prompted by thirst, are the best drinks. Otherwise drink chocolate or cocoa. Tea and coffee are both injurious, and should by avoided.

Medical Treatment.—As heretofore shown, Spermatorrhea is not always to be classed as a sim-

ple disease, but is often complicated with, or is the forerunner of a long list of serious diseases.

Hence the difficulty of exact diagnosis is great, and the modifications of medical treatment, together with the peculiarities of individual cases, are many and intricate. Medicine must, therefore, be selected with care. In simple Spermatorrhea the following may be safely given :—

R. Sulphate of Strychnine,	One grain.
Dilute Phosphoric Acid,	One ounce.
Muriatic Acid (dilute),	Four drops.
Water,	Three ounces.

Mix.—Dose, one teaspoonful, in a little water, three times a day before meals.

If the patient is weak and pale a tonic may also be taken immediately *after* eating, consisting of the Tincture of the Chloride of Iron. Dose, 10 to 20 drops, diluted with water. Or, if preferred, take 15 drops of Dialyzed Iron. If there are nocturnal emissions and disturbing erections, the patient may take, on retiring, 15 grains of the Bromide of Sodium.

Patients should beware of the mistaken use of voltaic belts, galvanic batteries, or pads, boluses &c., &c., unless professionally administered to suit the individual case. When applied by a skillful surgeon great good may come of the use of the Faradic current of electricity.

Where the disease will not promptly yield to the above treatment the patient should place his case

in the hands of any regular physician whose experience and skill are worthy of his confidence. This done no alarm need be entertained, since the curability of Spermatorrhœa is now past all question.

IMPOTENCY.

Impotency may be simply described as *loss of sexual power*, and may result either from sexual excesses or from masturbation.

Sterility indicates a condition wherein fecundating germs are quite absent from the seminal fluid, but *Impotency* is actual want of power, or permanent inability to effect sexual intercourse. Says Mons. Pinel: "It reduces youth to the nullity of old age."

Impotency may be partial or even simulated. These are more or less temporary conditions, often curable with proper rest and nutrition, although magnified by quacks, to the alarm of the patient, into an importance to which they are not entitled.

Symptoms.—Excessive and prolonged excitability of the generative organs finally effects a collapse of the nervous system and a chronic debility.

The cavernous body of the urethra, connecting with the glans, becomes weakened almost to paralysis, when it is found that the spongy body of the urethra is incapable of being distended.

In partial impotency the discharge of semen during coition is premature and limited. In pro.

nounced impotency the erectile tissues have become so debilitated, and the general system so weak, as to entirely prevent the act of sexual intercourse.

The male organ is shrunken and disproportionate in size, and all sexual desire is finally lost.

The patient is now irritable, moody, changeable minded, discontented, excitable, suspicious, jealous, and often so desperate as to harbor thoughts of suicide.

Treatment.—First *discontinue* the excesses, of whatever nature, which are the predisposing causes, governing all indulgence by reason and moderation.

Impotence is produced by self-pollution in two ways: first, the powers of the generative organs are destroyed, resulting in a general weakness; second, a pronounced change is effected in the semen.

It must be noted that *erections must depend upon the presence of healthy semen*; if this is entirely wanting in the seminal vesicles, erection is impossible, and impotence is established.

Therefore, whatever causes the impairment of the health of the semen destroys its vitality and rendering it thin and watery, will occasion impotence, whether excessive venery, masturbation, and any long-continued spermatorrhea or involuntary emissions.

Naturally, no cure is possible until any and all irritating causes are rigidly arrested. Moreover, it should be undertaken without delay, and no man who values sexual power should be indifferent to even partial impotence, since it cannot be suffered long without inviting danger.

Since impotency is one of the results of spermatorrhea, or is an effect of the same causes which produce this fell disease, the reader is referred to the preceding description and advised to follow the treatment there outlined for loss of seminal power.

Medication.—Should any additional medication be found necessary take a pill three times a day before meals consisting of one-twelfth of a grain of Strychnine.

Keep the bowels open.

DISEASES OF THE TESTICLES.

The Testes are oval glandular bodies, generally two in number, the function of which is to secrete and prepare the seminal fluid.

They are suspended in a purse or sack called the Scrotum. (See description, Part I.) Upon dissection, they are found to be composed of numerous blood vessels and small tubes containing semen. Each testis receives a branch of the spermatic artery, bringing a supply of pure blood, and this subdivides into thousands of little branches, finally connecting with the seminal tubes, and becoming so small as to be lost to sight.

The delicate mechanism of the Testes is subject to the following diseases :

Sarocoele, or a Chronic Fleshy Swelling ; Hernia Humoralis, or Inflammation of the Testicles ; Hydrocele, or Dropsy ; Cancer in the Testicle ; Scrofula and Fungus of the Testicle ; Ossification ; Wasting or Arrest of Development ; Spermatocoele, or Engorgement of Semen ; Neuralgia and Nervous Affections ; Consumption of the Testicles.

While it is not within the brief compass of this book to give a detailed description, and the treatment of all diseases mentioned, yet as many as possible will be concisely included, and such treatment recommended for the simpler maladies as might be safe in non-professional hands.

HERNIA HUMORALIS, ORCHITIS, OR INFLAMMATION AND SWELLING OF THE TESTES.

Causes.—Most frequently caused by Gonorrhea. Often the effect of falls, strains, blows, or severe horseback riding, or awkward use of injections, or bougies, in treating Gonorrhea. Or may easily arise from a too sudden checking of Gonorrheal discharges, showing the close sympathy existing between the Testes and the Urethra, and the danger of unduly irritating the latter.

Symptoms.—Begins with slight soreness and often with slight fever followed by a chill, with a dull pain in the perineum. Then swelling ensues, the testes becoming hot, hard and unyielding.

Gradually the swelling advances up the spermatic cord, causing severe pains which extend over the loins and limbs. As the inflammation extends the scrotum becomes hot and smooth, while the testicles are tender on pressure. Under prompt care the inflammation can be easily reduced without evil effects. But if neglected the disease may result in hydrocele, tumor, abscess, fungus, and the *total loss of sexual power*.

Treatment.—Open the bowels freely with castor oil or salts. Make free and frequent applications of cold lotions by pouring on the cloths as they dry. The scrotum should be protected by a truss or suspensory bandage. The patient should court perfect rest, lying upon the back. Where the pain is excruciating the lotion may be used hot, and may be made of alcohol, one half pint; soft water, one half pint; laudanum, one tablespoonful. Where the agony is so great the patient cannot sleep, laudanum may also be taken internally. Mix twenty drops in some barley-water and take on retiring. Another good lotion is the following :

R. Muriate of Ammonia, . . . two drams.
Fluid Extract of Poke Root, one ounce.
Alcohol, one ounce.
Water, six ounces. Mix.

The following is also useful to control the fever and reduce the pain, namely, fluid extract of Gelsemium. Take five-drop doses every half hour until about seven doses are taken.

If the disease refuses to yield to this treatment it should at once be placed in the hands of a physician, that its more dangerous *chronic* form may be arrested.

If, however, the inflammation subsides, together with the pain, while the swelling and hardness still continue, the following may be used. Take of Iodide of Potassium, one half dram; Iodide, one dram; Alcohol, one ounce; mix intimately, and rub the solution over the entire scrotum about twice a week.

WASTING OF THE TESTICLES.

From causes not altogether known the Testicles sometimes fail to attain their normal size and capacity to secrete semen.

This is called *arrest of development*, and occurs before puberty. Occasionally it is permanent, at other times the development is completed later in life.

Cases are upon record where men of thirty years have generative organs no larger than a boy of seven or eight years.

In general, any cause which prevents an ample supply of blood from going to the testicles will stop their growth and development.

Wasting Away of the Testicles, and the diminution of their size after attaining their full development, is a different and more serious matter, and may occur at any age.

Causes.—There are many causes of this atrophy of the testes ; such as mumps, fatty degeneration, any constant pressure, local inflammation, scrotal hernia, impeded circulation, hydrocele, sexual excesses, excessive use of tobacco, self-abuse, long continued continence, injuries to the spermatic arteries, or to the testes themselves, and finally injuries to the back part of the head, showing the sympathy between the brain and the testes.

Sometimes the spermatic cord is attacked by disease, or the spermatic arteries, which are to supply the testes with blood, may be very small, or may be affected by aneurism, or their walls may so thicken and close up as to withhold from the testes a sufficient nutriment.

Symptoms.—While the proper shape of the testicles may be more or less preserved they gradually diminish in size, the patient suffering no pain. The organs are pale in texture, and losing firmness and elasticity become soft, flaccid and weak. The nerves shrink. When the atrophied condition is caused by local disease the testicles are often altered in shape, becoming elongated and irregular.

Treatment.—The *definite cause* must first be ascertained and corrected. All pressure either upon the testes, or spermatic arteries, from ill-fitting trusses, or otherwise, must be removed, and when the pressure comes from Hydrocele or Scrotal Hernia, these diseases must be cured.

In horseback riding have a care against unduly pressing or bruising the testes, *since excessive squeezing* of the organs can as effectually *destroy sexual power* as though they had been castrated. In early times eunuchs were made by simply squeezing the testicles.

When caused by either *disuse* or *excessive* use the treatment is plain to the reader.

The waste of the Testes will continue so long as they are denied the nourishment of a *full supply of blood*, and much, therefore, depends upon the size and health of the spermatic arteries. If these have been injured in their long passage through the abdomen, or their walls thickened, or closed, a physician should be consulted.

In simpler cases of insufficient nutriment the blood may be attracted to the organs by *hot stimulant applications*. This treatment often proving of far more value than any medicine internally administered.

Since the waste may be caused by the abuse both of *tobacco* and *alcohol*, these habits must be strictly controlled if the patient would be cured.

IRRITABLE TESTICLES.

This disease is indicated by a morbid sensibility, sometimes of both Testicles, and sometimes of one only, usually the left. The organs are in a state of peculiar irritation, and so exquisitely sensitive that their rubbing against the clothing, or even the touching of the thighs by the scrotum produces

great nervousness and annoyance to the sufferer, whose conduct is marked by a constant uneasiness. There is rarely much if any pain, and no important alteration of the parts.

Causes.—Generally the result of some derangement of the organs of generation, particularly such as are engendered by excesses or masturbation, or the weakening of the organs by spermatorrhea or involuntary seminal emissions. Foolishly expecting relief by self-abuse the patient only *aggravates the causes* of the nervous irritation and *increases* the disease.

Sometimes the effect of constitutional causes, where exercise and the proper habits of life have been neglected, and the patient is reduced to nervous irritability and weakness, or is the victim of dyspepsia or hypochondria.

Treatment.—All *predisposing habits*, tending to excite and debilitate the genitals must be corrected. If the case be one of constitutional weakness and nervous irritability, the treatment may be simply hygienic. A change of scene and air, if possible, at least out door exercise, cheerful society, and mental employment that will interest and delight. The diet should be mild and nutritious and not stimulating.

If dyspepsia is the predominating cause, a strict diet must be observed by the patient; *stale bread* should be used, and everything eschewed which is found to irritate the digestive mechanism. De-

velop the salivary glands by *abstaining from drink while eating*.

Constipation must not be suffered. The irritation often extends up the cord when every movement of the bowels excites and increases it, much to the discomfort of the patient. Use a gentle laxative; *eat figs* and foods containing small seeds, and drink a glass of water before breakfast and upon retiring.

Tonics should be employed where there is much debility. The following may be used :

R. Sulphate of Quinine, twelve grains.
Phosphate of Iron . sixty grains.

Mix, and divide in twelve powders. Take one three times daily.

Bathe the parts freely in *cold water*, at least night and morning, oftener if convenient. Much irritation will be prevented by giving the parts the protection of a suspensory truss or bandage. In stubborn cases bathe the scrotum in a lotion made of one desertspoonful of laudanum to one half pint of water, or place over the scrotum a Belladonna ointment plaster.

STRICTURE OF THE URETHRA.

As before shown the Urethra is a long canal, and the common passage through which both the semen and the urine are conducted out of the body.

The term stricture is applied to any narrowing or thickening of the canal, and is classified as transitory and permanent.

Causes.—Sometimes the result of polypoid growths, or of deposits that narrow or thicken the canal. Often the result of bruises, strains, or other accidental injuries, or of chancre in the urethra.

Spasmodic stricture may be caused by irritation about the rectum, fissure of the anus, or by irritating operations, particularly the ligature of piles, by any irritation, indeed, that may contract the muscular fibres of the urethra. The spasms may result from excessive sexual intercourse, the abuse of alcohol, violent horseback riding, an undue retention of urine, exposure to abrupt changes of temperature, or from the existence of stone, either in the bladder or the urethra.

Perhaps most frequently caused by Gonorrhœa, or abuses in its treatment.

Severe forms are often caused by compressing the penis in masturbation, thereby bruising the canal. This ignorant act only increases the mischief by *forcing the semen backward into the bladder*, where it acts as an irritant, and may cause inflammation in the Prostate Gland and Veru Montanum, and so weaken the ducts as to induce Spermatorrhea.

Symptoms.—Frequent desire to urinate, with more or less difficulty, smarting pain in starting the urine, the stream generally diminished in size, and often subdivided into two or more streams or jets. Undue amounts of mucous deposits are noticed in the urine.

Again, there is a gleet discharge from the urethra which may present all the varieties common to gleet. The mucous membrane, particularly just behind the stricture, becomes the seat of chronic inflammation, more or less swollen and thickened. Ulceration may finally ensue, producing ragged excavations of the urethral walls, and sometimes occasions the destruction of the contracted parts of the canal.

A dull pain is felt at the neck of the bladder, or between the anus and scrotum, and sometimes in the glans of the penis.

Treatment.—Time and patience are required in the treatment of stricture, and the case should be promptly placed in the hands of a surgeon.

In simpler and earlier stages a cure may be effected by dilatation, or cutting, or by the operation of urethrotomy. Since the urethra is lined by most delicate tissues and membranes none but a skilled operator should undertake the introduction of any instrument.

The patient can much assist the cure by hygienic means, and care as to habits. Indeed, the general condition of the system must never be lost sight of. The digestive organs must be kept in good order, and the bowels regular, avoiding violent purges.

The kidneys should be relieved of overwork by favoring depuration of the blood through other channels, the lungs, the bowels, the skin.

The diet, nourishing though simple, should aim to keep the urine unirritating to the inflamed urethra. Highly seasoned food and salt meats heating and tending to produce constipation, fermented and alcoholic stimulants, strong coffee, and all articles capable of *loading* the urine, should be rigidly avoided.

Barley-tea, gum-arabic water or soda water are the best drinks.

A cure of this disease can be entirely radical, and the patient can hasten it by abstaining from coition, and all violent exercise.

PHIMOSIS.

This term is applied to a constriction of the foreskin, or prepuce. A condition of the penis in which the foreskin cannot be retracted, or drawn back behind the glans, so as to expose the head of the penis. It is not only annoying but may invite danger by preventing proper cleanliness, exciting chronic inflammation, and by increasing the exposure to venereal diseases.

Cause.—Is usually a congenital malformation, children so born having, in most cases, a very long foreskin. The disease may also result from local injury or inflammation.

Symptoms.—Constant itching with more or less pain and irritation at the head of the penis. When the constriction entirely covers the glans, the urine at each micturition enters beneath the prepuce, acting as an irritant, and finally pro-

ducing chronic inflammation. Frequent erections may ensue, seminal emissions with painful ejaculation of the semen, great excitability of the genitals, terminating in general lassitude and prostration.

Treatment.—Relief may be simply obtained, and consists of the operation of *circumcision* in all cases of congenital phimosiis. This does not leave the organ in a misshapen condition such as follows slitting up the prepuce. In accidental or acquired phimosiis the foreskin usually assumes its natural form as soon as the inflammation subsides.

PARAPHIMOSIS.

In Paraphimosis the foreskin is drawn back and contracted behind the Corona Glandis, or head of the penis, refusing to be drawn forward, and practically strangulating the extremity of the penis.

Causes.—Generally the result of inflammation, and is most frequently met with in boys and young men following their first attempt to expose the glans, and if not relieved without much delay ulceration or mortification of the head of the penis may ensue.

Symptoms.—There is a marked swelling of the head of the penis, and severe pain, the results of inflammatory action. The constricting ring is irritated and swollen from infiltration of urine, serum and fibrine. Ulceration and gangrene may supervene and increase the difficulty.

Treatment.—When the Paraphimosis is not of a permanent character, and when the patient without having suffered a previous attack of phimosis, has simply drawn back the prepuce, relief is often promptly obtained by the use of cold lotions, repeatedly applied to reduce the swelling, after which the parts may be lubricated with belladonna ointment, and the prepuce forcibly re-drawn over the head of the penis.

Should these attempts fail, a surgeon must promptly relieve the constriction with a knife, which, indeed, is the best way to prevent any return of the difficulty. After such an operation hot applications are necessary to reduce the inflammation.

HYDROCELE.

A term applied to the dropsy of the scrotum and testicles, often called *watery* or *swelled testicle*, though it is more commonly an affection of the scrotum than of the testicles themselves.

Causes.—This undue secretion of fluid may result from general dropsy, or some constitutional tendency. May be caused by injuries, blows, and by the bruising of the parts in horseback riding. May also arise from irritation of the testicles following self-abuse.

Symptoms.—When the fluid collects in the tissue of the scrotum the testes are at first soft, the scrotum afterwards becomes hard and smooth, the penis enlarges, and the prepuce shows signs of

inflammation. In the second variety, where the fluid is secreted by one of the coats of the scrotum, the swelling is found on one side only, beginning at the bottom of the bag. The disease gives rise to inconvenience and deformity, with pressure in the parts by reason of the increase in size and weight. The amount of fluid secreted is often great. It is recorded that as many as *six quarts* were removed from the scrotum of the historian Gibbon.

Treatment.—Where caused by general dropsy that disease must first be cured. In any event the case should be intrusted to a surgeon, who may draw the water off with an aspirator, or other instrument. But the bag is almost sure to fill up again, and may even become larger than before. Hence, the most certain method is to cut the sac open and expose its surfaces, an operation without danger in experienced hands, and highly satisfactory in its results.

VARICOCELE AND CIRCOCELE.

Varicocele is a swelling of the veins that enter into the formation of the scrotum and testicles.

Circocoele is a swelling or dilatation of the veins of the spermatic cord within the scrotum.

Causes.—These diseases often arise spontaneously, where the patient is of a full habit of body. They often result also from excessive indulgence, debilitating diseases, and inflammation of the tes-

ticles. Or may be caused by excessive fatigue, particularly long standing, or by injuries, ruptures in the abdomen, or by masturbation.

Symptoms.—A sense of uneasiness and weight in the parts, the swelling being felt, especially in Circocoele, like a doughy or knotty tumor which is aggravated by coughing, but subsides when the patient lies down. In advanced and severe cases there are acute pains in the back and loins, with weakness. Unless arrested the condition will *entirely destroy the testicles*.

Treatment.—The first thing to be done is to wear a suspensory bandage, which should not be left off until the cure is established. As in other cases of swellings, cold astringent lotions should be used, and the bowels kept open by gentle laxatives. Fat people who wear trusses should see that the instrument produces no undue pressure by reason of being ill-made or carelessly adjusted. Hard riding, leaping, lifting, and all rough exercise, should be avoided.

The patient should rest as much as possible, lying upon the back. Should these measures not bring prompt relief, a surgeon should be consulted, since these diseases may become so severe as to require the *removal of the testicles*.

GONORRHEA, OR CLAP.

Gonorrhea, in the male, is an inflammation of the urethra, or canal through which the urine passes after leaving the bladder.

It is one of the three Venereal diseases; Chancre and Syphilis being the other two, and has existed among all nations from the earliest recorded times. Moses refers to it as a "running issue out of the flesh."

Causes.—Is generally due to contagion, or impure sexual intercourse, but is not always, by any means, chargeable to this source. In a large number of cases the disease is caused by a leucorrheal discharge in the female vagina, commonly called the "whites," and which the patient may contract from his own wife. It is also caused by contact with the menstrual fluid, or by inattention to cleanliness, or by excessive sexual intercourse, especially under circumstances of undue excitement and the abuse of stimulants. The disease is also caused by contact with the gonorrheal discharges on bed sheets, or privy seats, when one has a sore, scratch or other abrasion, or by using the towels of gonorrheal patients, or by mechanical injuries, or accidental wounding of the penis. In a word, it is a simple Urethritis, and should be classed with *catarrhal inflammations* of mucous membranes. While the presence of a contagious poison is admitted, it does not follow that a like contagious secretion may not come from other forms of inflammation originating in simple causes.

Symptoms.—An uneasy sensation is first felt in the head of the penis, and a stinging and tickling sensation just within the lips of the opening of the

urethral canal, which later becomes burning and painful ; there is a frequent desire to urinate, while the passage of the urine is attended by a scalding sensation.

If caused by impure coitus these primary symptoms appear between the second and fifth day after exposure, and in rarer cases, as late as the seventh and tenth day.

At first a clear and afterward a thick whitish discharge soon appears, which presently becomes a greenish yellow. The head of the penis and foreskin become swollen, and the whole organ tense, hot and painful.

These symptoms increase in intensity in the second or inflammatory stage. The head of the penis may become so swollen as to induce phimosis, all the parts presenting a reddened and angry appearance. The discharge is now more copious, of a thick yellowish cream color, often tinged with green. Painful erections frequently occur. The passing of the urine is attended with acute pain, which extends the whole length of the organ anterior to the scrotum ; the severe sensation, in many cases, compared to a hot iron inserted within the canal.

Treatment.—The best advice to the patient is to promptly intrust his case to the care of a surgeon, since, by maltreatment or neglect, Gonorrhea may either prove fatal or result in *intractable injuries to the sexual organs*. In any event the patient

should never undertake what is called the "substitutive" or "abortive treatment," where in the first stage of the disease *caustic injections* are administered.

In both the first stage and the inflammatory stage nothing can be more wisely impressed upon the patient than the advantages of absolute quiet and repose. Apply *hot* fomentations over the genitals, or immerse the penis in a cup of *hot* water before and after the use of injections, and remove the matter from the canal by syringing the urethra with warm water. Support the genitals by wearing a suspensory bandage. The diet must be regulated from the very beginning, consisting of gruel and very plain food, chiefly farinaceous. Discard all meats, acids and high seasoning, also onions, garlic, cheese, rhubarb, sorrel, tomatoes, asparagus and water-cresses. Rigidly exclude coffee and all alcoholic beverages. Abstain from tobacco and, of course, from all sexual indulgences. Keep the bowels freely open, first taking a dose of Epsom salts. Drink an abundance of mucilaginous drinks, water, or milk, and take four times a day *ten drops of sandel-wood* on a lump of sugar; or the oil may be put up in capsules containing a single dose. If the patient would keep his bed, or room, for a few days, and pursue this treatment, the battle would be *more than half won*, whereas by over-exercise, or activity, the case may drag along for six weeks.

In the second or inflammatory stage use the following as an injection :

Glycerine..... one ounce.
Morphine..... three grains.
Water..... three ounces.

Mix, and inject three or four times daily, always previously passing water, using two syringefuls at each treatment. A hard rubber piston syringe is preferable to the glass. Fill syringe and introduce the nozzle into the urethra. Grasp the penis about an inch behind the head of the organ and apply sufficient pressure to prevent the injection from passing beyond, into the neck of the bladder.

When the inflammation has somewhat subsided, substitute the first injection by the following :

Chloride of Zinc ten grains.
Tincture of Catechu . . . four drams.
Wine of Opium one ounce.
Water sufficient to make six ounces in all.

Mix, and inject three or four times daily, always after urinating.

If there is a persistent burning or scalding sensation on passing water, the irritating acidity of the urine may be reduced by the following : Add two or three drams of liquor potassæ to a pint of flax-seed-tea, and let the whole be drank in twenty-four hours. Otherwise use the following prescription : *

R. Potassæ bicarbonatis ℥ ij.
Tincture hyoscyani ℥ j.
M. Mucilaginis ℥ v.

— A tablespoonful every three hours.

* To avoid mistakes, all prescriptions in Latin should be copied by your druggist directly from the book.

If painful erections, termed chordee, attend the second stage of the disease, place twenty grains of Bromide of Potassium in some water and take about two hours before retiring.

GLEET.

This disease, correctly termed *Blennorrhea*, is the chronic form of *Gonorrhea*, and never occurs save as a sequence of the acute disease, which it follows without interval, and is a consequence either of the neglect of the acute disease, or its unsuccessful treatment.

Symptoms.—The most prominent symptom is a slight discharge of a clear, viscid fluid, generally in the morning, and which glues together the lips of the meatus, or opening of the urethra. Often, when gonorrhea has run through its successive stages, and was thought to be cured, this discharge will break forth, proving that a certain degree of inflammation yet existed in the deeper portions of the canal. Sometimes it is excited by sexual intercourse, or the use of alcoholic stimulants. There is no redness, nor swelling, and no pain.

As to the discharge being contagious, Dr. Bumstead truly says: "Where contagion ceases and immunity begins, no one can tell; and even if we were able to pronounce a discharge of a certain degree of purity innocuous, we could not see the effect upon it of a few hours' sexual intercourse. It may, at the present moment, be wholly mucous,

and entirely innocent of contagious properties, and yet a short time hence be purulent, and in the highest degree dangerous. The fact is, no one can pronounce *sexual congress safe*, so long as a urethral discharge exists."

Treatment.—Should be general as well as local, for the general health is nearly always impaired by gleet and the animal vigor reduced.

A good tonic for the purpose is the *tincture of the chloride of iron*. Take five to twenty drops diluted with water, three times daily, after eating.

The chronic inflammation of the mucous membrane should meanwhile be stimulated by a strong injection, like the following :

Permanganate of Potash . . . twenty grains.

Water three ounces.

Mix, and inject, after urinating, three times a day.

This is calculated to increase the discharge, after which the case may be continued after the manner prescribed in the preceding chapter for the *second* stage of gonorrhea.

As before advised, in using injections, grasp the root of the penis firmly, so as to prevent the injection from penetrating to the *neck* of the bladder.

The Diet may be more substantial than in gonorrhea, including fresh meat and eggs, but excluding salt meats, and all high seasoning.

A sponge bath should be frequently taken, and

the exercise should always be moderate, and proportioned to the strength.

BALANITIS.

Balanitis is an inflammation of the mucous membrane, which covers the glans or head of the penis. If the inflammation extends also over the internal surface of the prepuce, it is termed Balanoposthitis.

Causes.—These diseases are most common to those, who have a long foreskin, or congenital *phimosis*, already described. For the want of a proper exposure of the glans to the air and friction, by the easy retraction of the foreskin, the delicate membrane covering the glans, and lining the foreskin, becomes subject to the slightest irritation, from which inflammation ensues.

Hence any cause exciting urethral gonorrhea may also produce Balanitis. Such as gonorrheal poison, leucorrheal discharges, contact with the menstrual fluid, want of cleanliness, injuries or masturbation.

Symptoms. — Itching sensation, beneath the prepuce, and more or less pain and scalding in passing water. The glans is red and swollen, tender and sensitive on pressure. The inflamed surfaces, secrete a muco-purulent fluid, and if this discharge is confined by the contraction of the foreskin, as in *phimosis*, it may, by collection, form an abscess at the base of the glans.

Treatment.—The foreskin must be gently forced back, and the parts thoroughly cleaned with sponge baths of *warm water*. To keep the inflamed surfaces from further contact, cut some bits of soft linen or lint, about an inch square, and lay over the glans, and draw the prepuce over them, thus holding them in place.

Before applying the lint use this as a wash :

Sulphate of Zinc eight grains.

Rose Water four ounces.

Mix, and use every two or three hours.

If the mucous surface is excoriated or if the discharges are very copious, the above wash should be used every two hours, after which the head of the penis, and lining of the foreskin should be anointed with the following :

Boracic Acid, ten grains.

Vaseline, four drams.

Mix, and apply freely, and saturate the lint with the same. The ointment should be *thoroughly washed off* with warm water with *each treatment* and re-applied fresh.

PROSTATITIS.

This term is applied to the inflammation of the Prostate Gland, and is designated as acute, chronic and gonorrheal.

Causes.—Acute Prostatitis is due largely to immoderate coitus ; or may be caused by violence in the use of bougies and other instruments ; or by

exposure to cold ; or by inflammation or stone in the bladder, or by bruises and blows on the perineum, such even as may be caused by horse-riding.

Chronic Prostatitis is most generally due to habitual self-abuse or excessive sexual intercourse.

Gonorrheal Prostatitis is a result of gonorrhea, and is simply the extension of the inflammation from the urethral walls to the substance of the prostate gland.

Symptoms.—The first symptom is a sensation of dull, throbbing, or bearing-down pain, and weight in the perineum. The calls to pass water are frequent, because the swollen gland obstructs the exit of the urine, and the bladder is never fully emptied. The stream is usually small, the urine being forced out by prolonged straining, while its passage is attended with scalding pain at the neck of the bladder, and a sensation of fullness or pressure in the rectum. A complete retention of urine not unfrequently occurs, calling for the use of the catheter. There is usually constipation of the bowels, the pressure of the parts urging the patient to make fruitless efforts to relieve them. The disease may terminate in suppuration, or gangrene, and *may prove fatal*.

In chronic Prostatitis there is frequently a discharge of mucous, clear or turbid, from the lips of the urethra, often forced out by straining at stool, though sometimes constant, of sufficient quantity to stain the linen, and sometimes causing the dis-

ease to be confounded with spermatorrhea. The desire to pass water is generally increased, the urine being forced out with great effort, often dribbling away by drops, while during and after the act a scalding and painful sensation is felt in the urethra. There is irritation about the anus, and heavy pain and uneasiness in the perineum, often extending to the thighs. The patient is weak, anxious and irritable. Unlike the acute form, chronic prostatitis never terminates in suppuration or abscess.

Treatment. — The treatment should depend upon the specific cause and stage of the malady. Where the inflammation is the effect of blows or injuries to the perineum it should be removed without delay. Three or four leeches should be applied, and followed with hot fomentations, with laudanum added to the water, and a hot hip bath at a temperature of 100°. Let the patient sit in it for half an hour. If there is swelling, and the inflammatory symptoms from any cause be found angry and severe, half a dozen leeches should be applied before the baths, which latter should be repeated several times a day. To further remedy the acute pain give doses of one-eighth of a grain of morphine every four hours. The patient should observe the most perfect rest, lying most of the time upon the back.

The bowels should be kept freely open with Castor Oil. Hot teas may be given to increase the flow of urine and promote perspiration. The fol-

lowing is an excellent formula to be taken internally :

R. Potassæ bicarbonatis ℥ ij.
Tincture hyoscyami ℥ .j
Mucilaginis ℥ v,

A tablespoonful every three hours.

The diet should be the same as that advised under the first stage of Gonorrhea.

These acute symptoms of Prostatitis are identical with those which may accompany or follow urethral gonorrhea, and when they appear the use of urethral injections for the gonorrhea *must be immediately abandoned*, and the entire care devoted to this more serious disease which has supervened.

In treating the chronic symptoms attention should be given the *mind* as well as the body.

Patients are those who lead a sedentary life, or are frequently young men who have abused their sexual powers either by excessive intercourse or masturbation. As a rule they are low spirited, discouraged, despondent, indulging in the most gloomy forebodings of the future.

Hope, and a more rational view should be inspired in the patient by the assurance that the viscid discharge *is not semen*, involving impotency, and that by bravely resisting excesses of indulgence during treatment his complete recovery may be relied upon.

Local applications may be dispensed with, save a Mercurial Ointment, which may be rubbed on the perineum with beneficial effects. A tonic should be taken, such as *the tincture of the chloride of iron*, in twenty-drop doses after each meal.

Otherwise the following may be administered :

R. Strychniæ gr. iss.

Acidi phosphorici diluti ℥ iv.

Take a teaspoonful three times a day after meals.

Diet—The diet should be plain but nutritious, avoiding salt meats, acids and all high seasoning.

Keep the bowels open, since constipation and straining at stool, perpetuates the chronic inflammation. To this end avoid the use of *aloes*. Salts or castor oil may be used, or an enemata of cold water taken previously to the usual time for retiring. The exercise must be moderate, and alcoholic liquors entirely ignored.

CHANCROID.

The term *Chancroid* is applied to a local ulcer, usually upon the genitals, and is a *local* contagious disease, as distinguished from the *chancre* of syphilis, which is a *constitutional* disease. It is sometimes called "false or local syphilis," and by careless physicians is often confounded with the syphilitic chancre.

Causes. — The disease is almost exclusively caused by direct contagion in impure sexual commerce, although the contagion may be transferred

by modes of contact indirect or "mediate," since foreign substances, sometimes the seats of water-closets, have been known to serve as vehicles for the transmission of the virus.

Symptoms — Chancroids usually appear between the third and seventh day after exposure, but sometimes are noticed as early as the first day after, and as late as the twentieth. The ulcers are generally circular in outline, with sharply cut and abrupt edges and covered with a grayish-yellow secretion. They discharge rather abundantly a purulent matter, thinner than the creamy pus of gonorrhoea. Without prompt treatment and care this chancroidal virus may give rise by inoculation to like successive sores in the neighborhood. They occasion only moderate pain and uneasiness, unless the area of the sore becomes enlarged, which is its tendency. While the seat of the sore is most commonly the genitals, the chancroid will appear on any part of the body exposed to contagion. Averaging about one case in three the chancroid gives rise to the bubo in the neighboring ganglia, those troublesome abscesses in the groin, popularly called "blue balls."

Treatment.—Excision by cutting instruments is not recommended, because in most cases, despite all care, the virus inoculates the fresh wound, and we simply have a large sore instead of a small one. Destructive cauterization is by far the safest and speediest, and if adopted sufficiently early will ar-

rest the formation of virulent buboes. In choosing caustics the stick nitrate of silver should be rejected in favor of a stronger and less irritating caustic, such as sulphuric acid; or the combination known as "carbo-sulphuric paste." Other good caustics are nitric acid, and potassa cum calce. The pain is less acute after the first application, and several applications of the nitric acid should be made, occupying several minutes. The potassa cum calce is made into a paste, and should remain upon the sore five to fifteen minutes. The sulphuric acid paste is made by taking willow charcoal and saturating it with sulphuric acid, and is applied with a glass rod or spatula. This forms a dry scab, and while its application is painful its work is thorough. In dressing the ulcer after cauterization "washes" are unnecessary. The best dressing is lint, or so called "patent lint." Tear this into fine shreds and place a mass over the sore, and where possible draw over it the neighboring fold of mucus membrane. This isolates the ulcer and absorbs its discharges, and should be frequently removed, and not allowed to become soaked with the secretion. This done the sore will need no other cleansing. To allay unnecessary alarm, it may be stated that chancroid being simply a local disease its cure leaves no blood-taint behind.

SYPHILIS, OR POX.

While the malady just treated is *local*, Syphilis, or pox, is *general* and constitutional, and it is no

doubt the most serious of the infectious diseases.

Causes.—Syphilis results from exposure to a morbid poison, known as syphilitic virus, and which is easily transmitted from one individual to another. While generally caused by impure sexual intercourse, it may be otherwise contracted. The poison may adhere to bed sheets, privy seats, handkerchiefs and towels, and any person with the slightest scratch, or other abrasion of the skin, a cut or sore, coming in accidental contact with this yellowish virus may contract the disease ; or it may be as certainly imparted simply through the moist mucous surfaces of the eyes and nose, or through a drinking cup or pipe. Hence the wisdom of constant sanitary care.

Symptoms.—The disease begins with a local sore, or chancre, at the point of contact of the syphilitic poison, appearing in from five days to five weeks after exposure. While usually seated upon the genitals, it may also appear upon the rectum, lips, tongue, or other parts of the body. This initial lesion is frequently followed in from three to six weeks by buboes, or the induration of the absorbent glands, chiefly those of the groin.

After a period of induration (generally within three to six months), these "primary" symptoms are succeeded by the "secondary" and the "tertiary symptoms." In these forms the disease has become general or constitutional, the blood being thoroughly poisoned. The throat is now largely

affected, a general eruption is noticed over the entire body, with ulcerations and affections of the nose, ears, joints and bones, and lining membrane of the mouth; the hair falls off, the voice fails, the disease going deeper and deeper, until every organ may be attacked, and the tissues of the entire body are involved in the most loathsome and extensive destruction.

The chancres of syphilis are usually single, and are described as non-indurated or soft chancre, and indurated or hard chancre.

SOFT CHANCER.

The first appearance of the syphilitic sore, or initial lesion, is in the form of papule or tubercle. This usually ruptures, takes on superficial ulceration, discharges quite freely, and is inclined to spread or increase in breadth and thickness. It is sometimes elevated above the surrounding skin, and again is slightly excavated. The condition is known as soft chancre. It heals less rapidly than the hard chancre, and has more the appearance of an ordinary ulcer.

Hard Chancre is a small oval or circular pimple with an irregular thickened edge, on the top of which appears a small vesicle, which in due time ruptures, discharging a thin fluid, and leaving in the centre of the sore a slight cavity. The surface underneath is hard, and so continues even after the disappearance of the chancre, sometimes for years.

This sore appears in from three to six weeks after exposure.

Treatment of Chancre.—Since this loathsome malady not only involves the health and happiness of its victim, but may destroy life itself under the most distressing circumstances, the sufferer is seriously advised to promptly confide his case to some well known regular physician or surgeon. While syphilis is a curable disease, that may be far from true in the hands of quacks and impostors, whose chief concern is to get the patient's money. But you cannot throw dust in the eyes of syphilis. Select a reliable, safe pilot, do so without delay, and you can be cured. This last is given as an especial warning—*without delay*. For at the *beginning* this disease, with its little sore, seems so trifling and harmless, that many neglect it entirely until it has gained dangerous headway. This is a grave error. You may not know whether the sore be that of the *chancre* or the *chancroid*. You will at least be on the *safe* side to intrust it to a competent examiner.

If, however, the patient has easier access to a good caustic than a good surgeon, and would guard against loss of time, let him treat his chancre after the manner laid out for the treatment of chancroid in the preceding chapter, since the only proper way to treat chancre is by *destructive cauterization*.

After the use of the caustic the sore is converted into a simple ulceration. As previously advised this may be subsequently dressed simply with surgeons' lint, frequently applied. If a lotion be desired in addition, use the following :

Carbolic acid (95 per cent.), twenty drops.
Glycerine two ounces.
Rose Water two ounces.

Mix, and apply twice a day to the ulcer with a small bit of lint, so placed that it will not come in in irritating contact with surrounding parts. If in two or three days the sore does not heal, then it has been imperfectly cauterized, and the caustic *should be applied again*. Wash the parts well before dressing, and in every way observe cleanliness.

Treatment of Constitutional Syphilis.—The treatment of general syphilis should begin as soon as the initial lesion or sore is discovered. For we have noted that the chancre is *not* a local affection, and the best authorities agree that if it were destroyed within a few hours after its appearance that fact *would not avert constitutional infection*. In other words the presence of the chancre is the presence of syphilis, designated as primary. But the *mischiefs* of general syphilis may be averted by prompt and effective treatment.

The constitutional treatment should be hygienic, tonic and alterative.

If the patient be robust and strong of constitution we can then begin to arrest the progress of

the poison by at once giving the following alterative :

Iodide of Potassium four drams.
Compound Syrup of Stillingia five ounces.
Fluid Extract of Poke Root . . one ounce.

Mix, and take one teaspoonful three times daily, a half hour after meals.

If, on the contrary, the patient is weak and suffering from debility, the treatment should begin with a good tonic, including iron and quinine, something like the following :

R. Ferri et quiniæ citratis ℥ j-ij.
Aquæ ℥ j.
Syrupi ℥ iij.

M.

Dose : A teaspoonful after each meal.

If the bowels refuse to move at least once a day freely, they should be kept open with a Compound Podophyillin Pill, one pill to be taken at night on retiring. If this pill be made with the addition of gentian and peppermint, its tonic action will be valuable to the stomach, and prevent fermentation.

Another good tonic is the Elixir of Iron, Quinine and Strychnia.

Continue this tonic treatment for two weeks, and then take the Iodide of Potassium preparation (above given), as a substitute, for about the same space of time, alternating the two forms of treatment every two weeks for a space of three months. If by this time no constitutional symptoms have

actively developed, the chances are the patient has happily escaped.

If, however, the secondary symptoms at any time appear (usually from 40 to 60 days after the first chancre), mercury in some form, or mercury and iodide of potassium combined, will be found necessary to combat the disease.

In the use of mercury caution should be exercised, since it often occasions intestinal irritation and abdominal pain, or salivation, and the patients susceptibility, at first unknown, should be carefully tested.

The following is a good mercurial pill, indicated by the first symptoms of secondary syphilis. It includes quinine, which at once has a tonic value, and renders the mercury less liable to salivate.

R. Hydrargyri cum creta ℥ ij.
Quiniae sulphatis ℥ j.

Mix, and make into twenty pills.

Dose : One pill three times a day, one hour after meals. Or, sometimes it is well to start with two pills a day for a few days, taken an hour after breakfast and supper.

The following is a fine preparation of the biniodide of mercury with the iodide of potassium, chiefly employed in the hospitals of Paris, and known as Gibert's favorite formula :

R. Hydrargyri biniodidi gr. j.
Potassi iodidi ℥ ijss.
Aquæ ℥ j.
Filter through paper and add
Syrupi ℥ v.

Dose : A dessertspoonful an hour after eating, two to three times a day, to be increased to a table-spoonful two to three times a day.

Hygienic Treatment of Syphilis.—In the early stages of syphilis the blood shows derangement and impoverishment, and diminution of blood corpuscles, and at once an increase of serum, a condition called “chloro-anæmia.”

Hence the value of tonics from the beginning, and a generous diet. The food should be plain but nutritious, and free from all high seasoning, that the digestive functions in no way be overtaxed.

The bowels must always be kept free and soluble.

Due attention must be given the functions of the skin, and to this end sulphur vapor or Turkish baths are recommended.

Tobacco depresses the vital powers, already highly axed to eliminate the poison from the system, and also irritates the mucous membrane of the mouth and fauces. Either smoking or chewing is highly injurious and cannot be indulged in by syphilitic patients.

Alcohol and all artificial stimulus is hurtful. If the patient has been addicted to daily stimulus for years, it is perhaps as well not to cut off the potations too suddenly, but they should be promptly reduced to a minimum, and finally stopped entirely, until at least the virus can be eradicated.

The room occupied by the patient should be well ventilated.

Flannel should be worn next to the skin and frequently changed.

Exercise should be light—never to the point of fatigue. It is well if the patient can abstain from all labor.

Sudden changes of temperature, and all exposure to chilly or damp atmospheres should be guarded against, as the patient's system has enough to depress it without the addition of colds.

Lastly the *influence* of the *mind* upon the body is of grave concern. *Syphilophobia*, growing out of the patient's hopelessness and despair, is said to be worse than syphilis. Since syphilis is curable the sufferer should not despair, but he should be told with candor that the cure of his disease is *necessarily* slow ; that it is the nature of the disease to take periods of incubation, and *manifest* itself by repeated outbreaks. No promises, therefore, as to the exact time of its cure *can ever honestly be made*. But a cure can be surely hastened by a strong and manly will. Let the patient then be hopeful, occupy his mind by reading or eutertainment, let him seek the society of genial friends and cultivate a cheerful temperament. This done, with the above hygienic treatment, and the disease is half cured. Patiently persevere in the treatment and you can be entirely cured.

PART III.

How to Promote and Preserve Sexual Health.

The Preservation of the Male Sexual Organism.

IN the second part of this little book we pointed out the up-to-date treatment of Genito-Urinary Diseases in the male, a work supplemented by a valuable chapter at the conclusion of this part, on the prevention of Bright's Disease of the Kidneys.

Let us now assume that the reader is free from organic disease, and is on the highway to general health. The desire then naturally uppermost is to *retain possession* of so priceless a treasure, and these pages are intended to guide him in the preservation of his sexual powers.

General Health.—To begin with, then, the general or constitutional health must be maintained, since sexual health is dependent thereupon, and since all organic derangement reacts sympathetically upon the genitals. Affections of the heart, the nerves, the lungs, the stomach, the liver and kidneys, the urinary organs, are all shared by the generative system. We have seen how that injuries to the head directly affect the genitals. In the succeeding chapter on Foods the influence of the stomach will be noted. Let the cultivation of the general health be the first aim of him who would enjoy sexual health.

Excesses.—Sexual health and strength are also dependent upon the *right use* of the generative organs, and not their abuse, *and all excess is abuse.*

We have seen that the semen is the most precious fluid in the human body. It is secreted from some of the most subtle elements of the body, and its retention contributes to its nourishment, growth and health.

If, then, the seminal fluid be wasted in excesses the physical energies must not only be taxed to repair criminal loss, but a gradual wasting is occasioned, the *sexual power itself is weakened*, and by continuance of abuse may be *entirely destroyed*. Young husbands have thus suffered who forgot that license to wed did not mean license to defy Nature's laws.

While this is true of excesses in sexual intercourse it is doubly true of self-pollution, which odious habit drains the system of its natural sustenance to both body and mind, causes the gradual atrophy of the penis and testicles, perverts all natural inclination, and ends with Spermatorrhœa, and its train of evils, including impotence and idiocy.

Influence of Alcohol Upon the Sexual System.—Alcohol is good or bad according to its proper use or its abuse. It is now an established scientific fact that alcohol given in small and moderate doses, especially with meals, is almost wholly consumed within the organism, possesses food action, and also high medicinal values.

"When taken in moderate quantities, with meals," says Dr. Gunn, "alcohol stimulates the stomach, increases the flow of gastric juice, accelerates the appetite, and causes more food to be digested."

By such use, developing its food action, alcohol will benefit the general health and indirectly the sexual powers.

Contrariwise, the *abuse* of alcohol as a beverage and mere excitant, taken immoderately, early and late, on an empty stomach, effects results the most damning and deplorable. The above authority continuing, says: "Dram drinking early and late, paralyzes the nerve centres, causes diseases of the kidneys and liver, completely destroys digestion, and invariably leads in the end to chronic alcoholism and premature death."

In large doses alcohol is a narcotic poison which exhausts the vitality, debases and exhausts the whole system. It need not be added that such abuse of alcoholic stimulants tends to *paralyze and destroy the sexual organs*.

Influence of Tobacco.—Anything used which *habitually excites the nerves*, such as *tobacco, opium, alcohol, narcotics* or other *drugs*, or *odors*, will silently but steadily undermine the sexual powers.

Tobacco is a powerful narcotic agent and a virulent vegetable poison. When used extensively, particularly by the young who are especially susceptible to the influence of narcotics, such is its

action on the brain and nervous system it can produce tremors, faintness, vertigo, palpitation of the heart, and finally paralysis and insanity.

Like all things, it is more harmful to some than to others, but as affecting the sexual nature, the land is full of men whose generative abilities have been *paralyzed* by this poison, and there are sexual diseases, such as *wasting of the Testicles*, directly attributable to this cause.

All sufferers from emissions, or other symptoms of Spermatorrhœa, must absolutely abstain from the use of tobacco if they wish to recover. Often a single cigar near bed-time will excite an emission that might have been avoided, and, in general, tobacco is provocative of morbid spermatic discharges.

These views are sustained by the testimony of eminent medical men, as follows :

Dr. Rush says : "It impairs appetite, produces dyspepsia, tremors, vertigo and epilepsy."

Dr. Hollick says : "Tobacco exerts a most decided action, in numerous cases, upon the generative organs, though few persons suspect it of doing so. Like opium and some other narcotics, it often stimulates at first, but afterwards greatly weakens the sexual power, so as to bring on complete impotence in many cases."

Dr. Boerhaave says that "since the use of tobacco has become general, the number of hypochondriacal and consumptive complaints has increased by its use."

Dr. Pierce says : " Its active principle, Nicotine, which is an energetic poison, exerts its specific effect on the nervous system, stimulating it to an unnatural degree of activity, the final result of which is weakness, or even paralysis. Softening of the brain, nervous debility, functional derangement of the heart, and diseases of the liver and kidneys are not uncommon consequences of the excessive employment of this plant."

John Quincy Adams said : " If every acre of tobacco-land were turned into a wheat-field it would add *five years* to the average of human life ! "

Influence of Opium—Opium is a deadly narcotic, whose action is similar to that of tobacco, but more fatal. Its effects tend to paralyze the nerves and impair the vital functions. It is rankly *ruinous to the generative system*, and can entirely *destroy sexual power*. " In fact," says an eminent authority, " if a man once becomes impotent from using opium it is a great chance if he ever recovers his powers." Opium produces delirium tremens and leads to insanity.

Influence of Drugs.—The wasting and decay of the Testicles may be caused by the undue use of Mercury and Iodine, as well as by abuses of Alcohol, Tobacco and Opium.

Cantharides.—The use of Spanish Flies in the treatment of Impotence and Spermatorrhœa has been almost entirely abandoned. There is scarcely

no foundation for the belief in their stimulating effect upon the genitals unless used in such quantity as to be absolutely *poisonous*. This explains the *danger* of the quack stimulants for the sexual organs, the irritant poisons of which have permanently ruined tens of thousands of young men. This drug causes irritation of the bladder, and severe inflammation of the generative organs, and parts adjacent.

Camphor.—This drug acts as a sedative upon the generative organs, and is often used to palliate the irritating poison of Cantharides. It is valuable in cases of priapism, or excessive sexual excitement. If improperly administered it may, at least for a period, entirely destroy sexual feeling and power.

Influence of Odors and Scents.—That an odor exciting the olfactory nerve can not only react upon but excite the genital organs, is proof of the intimate sympathy which connects the whole nervous system. Many persons, whose sexual instincts are strong, are almost as much excited by scents as by medicines taken into the stomach. Such persons should simply avoid odors found by experience to stimulate the sexual feeling, and select those of a more sedative character.

Danger of Constipation and of certain Purgatives.—All persons, especially those suffering from any symptom of spermatorrhea, should be careful in taking purgatives, for some of them

have a bad influence on the genitals. *Gamboge*, *Aloes*, *Colocynth*, and some other purgatives, not only irritate the bowels but also the neighboring parts. Since the prostate gland and spermatic ducts lie near the rectum they are liable to partake of this irritation, and involuntary emissions are often caused thereby. When, therefore, laxatives are necessary choose those, like castor oil or fig preparations, the least irritating to the lower part of the bowels. It is understood that *constipation* should always be guarded against since however vigorous the sexual organs may be, habitual constipation will in time break their power, and produce *seminal weakness*.

Exercise as Affecting the Genitals.—General exercise, especially in the open air, is one of the necessities of general health, and therefore of sexual health.

Contrariwise, if the muscular exercise be slight, and the feeding high, this idle course will tend to induce amorousness and licentiousness, the duration of the indulgence of which *must be limited in the nature of things*. Unless the bodily powers be sustained by healthy exercise, the drain upon them by indulgence induced by mere sexual stimulation, will in due time *permanently* exhaust them and thus impair the health at large.

Exercise by *riding on horseback* should be pursued with care. A learned authority on this subject says: "The extreme sensibility which the

genital organs manifest at the period of puberty should prevent horse exercise from being commenced at this period."

Among the ancient Scythians, and the Tartar and Mongol tribes of our own time, whose lives are so largely spent on horseback, the prevalence of impotency is an established fact.

EFFECT OF MUSCULAR LABOR ON THE GENERATIVE SYSTEM.

All muscular labor consumes a certain, generally a large proportion of the vital or nervous energy. When it is so great and exhaustive as to consume almost the entire *surplus* of the vital energy then there is naturally very little left that can be spent in sexual indulgence without overtaxing the general system. The philosophy of this whole subject may be stated in a few words. A certain amount of vital energy is necessary to sustain the bodily powers at large. Now if this be *totally* exhausted in *muscular* exertion it cannot at the same time, of course, be spent in *mental* exertion; or, if in mental labor then not in muscular; or if wholly spent in *either*, then it cannot be spent in *sexual* indulgence. Thus it is true that hard and long continued muscular labor will inevitably make the seminal glands less active, and weaken or subdue sexual propensity.

EFFECT OF MENTAL LABOR.

As with muscular labor so also with mental labor. Much thinking, close study, intense men-

tal activity and labor of any kind, together with mental care and worry *consumes* and exhausts the nervous energies, and must proportionally draw strength from the generative system, and weaken the sexual organs and appetite. A learned physician says: "Not only can desire be engendered or annihilated by mental impressions, in spite of all other conditions, but the actual growth or development of the organs themselves can be retarded or accelerated by the same means * * Too much mental exertion, particularly if attended with *care* and *anxiety*, is most destructive to the sexual power and frequently leads to impotence. * * Those who wish, therefore, to preserve their virility should endeavor to maintain a happy medium, laboring with the mind sufficiently for health and utility, and endeavoring to preserve perfect calmness and equanimity."

Healthful Limit of Marital Indulgence.—

Strictly speaking there can here be no general rule. Since capacities differ, every man must be a law to himself, and his reason, governed by the state of his health and strength, must decide the extent of his indulgence.

We have seen that all any man can safely expend is the *surplus* of his vital energies, after all other demands are satisfied, and the entire system has appropriated what is necessary for healthful maintenance. An able physiologist thus aptly puts it: "Every healthy man has a certain stock

of vital energy, which we will call his *capital*, to which he keeps adding, more or less, by the function of nutrition : this addition may be compared to *interest* which may be expended without any loss of capital, and of course without making him any poorer. If, however, by any *excess* he expends more than this addition, the capital is proportionally diminished, and permanently too, *for it can seldom be again made up.*

Dr. Hall says of the act of copulation : "If attended with perspiration and cessation for rest before completion, then are the powers of nature overtaxed ; it is *excess* ; the prostate gland is stimulated beyond its healthful abilities, and debilities and congestions or sub-acute inflammations follow."

Celsus approvingly observes : "The bodily powers are excited by occasional coition, by *frequent repetition* they become relaxed."

Dr. Hanchett says : "Men differ greatly in regard to their capacities in this as in all other respects. It may be said, however, that when anything more lasting or unfavorable than a temporary feeling of lassitude follows the act, it is indicative of excess. * * The sexual act is an exhausting one. It takes hold of the whole body, and demands the best energies of every part of the system. It requires so much of nerve force that it ought always to be followed by a period of rest."

Proper Time for Sexual Intercourse.—First of all there must be no indulgence during the progress of any disease, particularly that of the nervous or genito-urinary systems. In convalescence Nature depends upon all the vital powers to aid the recovery, and can suffer no such debilitating tax as that of sexual expenditure.

Second, the act of coition should not be undertaken immediately *after* eating, nor *just before* eating a meal. The stomach is weakened by the sexual act, and if then burdened with food, indigestion, or the fermentation of the food, are the usual results. Wait until a meal is fairly digested, or take the *middle time* before another meal is needed.

The third rule is not to indulge when the body is *fatigued* by any exertion, physical or mental. Moreover, because of the excitement and after exhaustion succeeding the sexual act, no muscular nor mental labor should be undertaken immediately thereafter.

Fourthly, the act should not be indulged when the mind is taxed with care, trouble, fear or anxiety, nor when the brain is excited with alcoholic stimulants.

The most proper time, then, is between or three hours after meals; when the mind is freed from care, and the vigorous sober physical powers are suffering no weariness. Many medical writers recommend the close of the day, after the body is

rested from its labors, and when the act may be followed by a period of calm repose.

Cold Water Genital Baths.—No local treatment looking to the preservation of the generative organs is superior to *cold water bathing*, reference to which is thus made by an eminent physiologist ; “Part of the nerves supplying the genito-urinary system pass from the Cauda Equina low down in the pelvis, others may be traced back in the spinal marrow for some distance, and the cold should be used sufficiently high up for application over their origin, as the most likely method of giving “tone and power,” both of which we seek to impart.”

This healthful bath may be taken by stooping down over a bowl of cold water, into which, if convenient, a handful of salt may be thrown. Splash the water up over the penis and testicles a dozen times, and around the whole pelvic region, and high enough over the small of the back to reach the kidneys ; then dry and rub with a coarse towel. The bath should be taken morning and night, and if persevered in the result will be most highly beneficial.

General Hygiene of the Sexual System.—Thus have we considered the leading points looking to the preservation of sexual health, and securing what Juvenal declared to be the highest gift of the gods, *mens sana in corpore sano*, by and through attention as to excesses, the influence

of various harmful agents, of exercise, the modification of the passions by physical and mental labor, &c., &c. In the chapter which follows the important bearing of the dietary regimen is shown.

The prevention of disease, the art of preserving sexual health, means simply obedience to Nature's requirements, which it has been the business of this book to point out. Nature will not suffer neglect or abuse. Her laws are inexorable. While the perpetuity of the race is confided to the sexual instinct, both the uses and pleasures of desire are destroyed by intemperance, and hygienic neglect

Moreover the *duration* of the sexual power is exactly dependent upon the manner of its use, and be it added, the *duration of life itself*.

If, then, you would preserve your virility to a ripe old age, *place yourself upon the side of Nature, and stay there*. Be moderate in indulgence. Do not debilitate the mind at the expense of the body, nor the body at the expense of the mind. Seek fresh air and cheerful company. Avoid that which unduly stimulates and excites. Avoid the abuse of acids in diet. Persevere in the daily cold water baths. Repair the changes of nutrition and growth, and the constant waste of the tissues, by wholesome food, out of door exercise, and the use of all sanitary and hygienic agencies as will insure a healthy *digestion, circulation and respiration*.

In short let one of the leading maxims of your life be coined out of the four simple little words—
“TAKE CARE OF YOURSELF !”

What to Eat and Drink to Promote Sexual Health and What to Avoid.

The dietetic regimen in all cases of sexual debility and waning powers is of great importance. Even in a state of lusty health what we eat and drink has a direct bearing either on the side of preserving and maintaining our bodily strength, or on that of weakening and undermining it.

The blood is called *the life*, and it may be kept pure, red and vigorous, by attention to a proper dietary, or vitiated by abuses of eating and drinking.

An eminent physician declares that "suitable foods are Nature's remedies for our bodily ills." But he adds that it should be judiciously selected, intelligently prepared and thoroughly masticated.

Perhaps the first general law is to eat what agrees with you; that is, select food according to the good or evil results one has experienced from the different varieties. The second general rule is not to eat and drink at the same time. It is contrary to Nature and man is the only animal that does it. First eat and deliberately masticate the food, letting it be moistened by the salivary glands of the mouth, which are thus stimulated and developed. This done, drink afterwards.

Thus to benefit the general health is to promote also the vigor of the generative organs. Contrariwise any reduction of the vital energies, or derangement of vital functions, will react no where more keenly or more surely than upon the sexual organism.

The stomach, for example, has a pronounced sympathetic influence over the organs of generation. When deranged, as in attacks of indigestion, the sexual power is quite entirely suspended; while in chronic dyspepsia there is usually a decided reduction of sexual vigor and desire.

A perfect digestion, on the contrary, and undisturbed assimilation of highly nutritious foods, strengthens and invigorates the genital organs. Indeed feeding can be so high as to over-excite the sexual system, even aside from the high seasoning of the food, a thing to be avoided as the opposite extreme.

Foods that Promote Sexual Health and Vigor.—While the influence of food and drink, like that of drugs, is not exactly the same in all persons, the following foods in general give tone, strength and vigor to the sexual organism:

Beef, especially the lean outside of the roast.

Beef Soup, when the *osmazome*, or red particles of the meat, are preserved in the making. Cut the meat into small bits, put it in a flat covered vessel, and place in oven sufficiently hot to simply simmer the water.

Mutton chops should be one inch thick, oiled with Lucca oil and broiled: are next to beef in muscle and strength building.

Lamb is more nutritious than either in nitrates.

Wild Game is nourishing and easily digested, the birds whose flesh is red, such as ducks and geese are the most stimulating.

Canvas back Duck, partly owing to the wild celery on which it feeds, is beneficial to those who are weakened by excesses.

Ham is rich in nitrates and phosphates, containing twice as much of either as *pork* at large, which is discarded.

Fish. Halibut, haddock and codfish, all fish, indeed, are more or less rich in phosphorus, and are beneficial to the sexual and nervous systems.

Chicken contains phosphorus, and more nutrition than any flesh meat excepting ham and turtle.

Shell Fish. Clams and oysters are about equal in nitrates, although the former is richer in phosphorous.

Turtle is the most highly nutritious and stimulating of meats, containing also heating elements.

Vegetable Foods contain all the elements which comprise the four classes of foods, and some of them are more stimulating than meat.

Wheat is rich in strengthening elements, especially to those who exercise in the open air, its starch being unwholesome to those leading sedentary lives.

Barley by many is considered superior to wheat in nourishment.

Oats are rich in phosphorous, and muscle and tissue building elements. The Scotch owe their hardy constitutions to oat-meal.

Corn. No bread is superior to corn bread for both body and brain.

Beans afford strength and stimulus, especially the lima bean.

Potato. Contains valuable nutritive and medicinal properties, including nitrogen, starch, sugar, fat and salts.

Tomato is less nourishing than the potato but more stimulating.

Mushrooms and *Olives* have an invigorant effect on some persons.

As a rule the strong tasting or aromatic vegetables, such as *onions*, *celery*, *radishes*, *parsnips* and especially *asparagus* are invigorating to the animal economy, as are also seasoning herbs like mint, sage and thyme, and all spices.

Fruits. Non-acid fruits such as peaches, apples and pine-apples, are beneficial.

Arrow root, *sago* and *tapioca* puddings are nutritive.

Beverages. Alcoholic liquors, unless used with care, are not beneficial. They stimulate when first taken and then, if in any excess, react injuriously.

Wine. Good old wine, limited in use and taken

with food, has a strengthening effect, and is far better than spirits.

Porter is considered better than wine.

Malt Liquors are valuable as tonics when perfect in quality and limited in quantity.

Coffee is regarded as stimulating as wine and should not be used by those whose genitals are debilitated.

The above dietary regimen, be it understood, is *not for those* suffering from any form of Spermatorrhea, or involuntary emissions.

FOODS OF NEUTRAL CHARACTER.

Persons subject to Spermatorrhea and seminal weakness must not indulge in stimulating foods or drinks. Their diet must be light, though nutritious, and if generous, absolutely non-stimulating. Even roast beef and mutton chops are two stimulating for such, while alcoholic drinks are deadly. Such patients should partake of broths, simply flavored, and not seasoned highly. Beef soup or tea, prepared as above, eggs, fish, poultry, lamb, potatoes, rice and bread a day old, may be selected from, and puddings as given above.

The following vegetables are neutral or non-stimulating: turnips, cabbage, squash, peas, rye, and Indian corn, likewise acid fruits. Bread made of wheaten flour is the most stimulating; that of Indian meal is probably the least so.

Warm relaxing drinks, coffee or tea, are improper for such invalids, since they unduly excite the

sexual organs and induce a flow of urine. New milk is recommended, cold water, cocoa, chocolate or soda.

To conclude, the sexual powers are more or less taxed and weakened by the abuse of lemon, vinegar, peppers, mustard, horseradish, onions, watercresses and sorrel ; and the use of radishes, rhubarb, tomatoes, vanilla, and all pungent spices, including cinnamon and nutmeg. Many cordials are over exciting to the genitals owing to the spices they contain, and hence are forbidden.

CONSTITUENTS OF FOOD.

This table shows the composition of ordinary articles of food, and is of interest to all. The *Nitrates* make muscle and flesh, and give strength to the body; the *Carbonates* give warmth, and the *Phosphates* feed the brain and bones.

ARTICLES.	Ni- trates	Carbon- ates	Phos- phates	Water	Waste
Barley	32	33	4	14	17
Beans	24	40	3	15	18
Beef	19	14	2	65	
Butter		100			
Cabbage	1	6	1	91	1
Corn, Northern	35	39	4	14	8
Cheese	31	28	5	36	
Chicken	21	2	3	74	
Clams	12	1	3	84	
Codfish	16	1	2	81	*
Cream	4	8		88	
Eggs, White of	13		3	84	
Eggs, Yolk of	17	30	2	51	
Haddock	14	1	3	82	
Halibut	18	3	4	75	
Ham	35	32	4	29	
Lamb	20	14	2	64	
Liver	26	4	1	69	
Milk, Cow	5	8	1	86	
Oats	17	51	3	14	15
Oysters	13		1	86	
Peas	23	41	3	14	19
Potatoes	2	16	1	73	8
Pork	17	17	2	64	
Rice	5	77	5	10	3
Rye	7	75	1	13	4
Veal	18	14	2	66	
Wheat	15	66	2	13	4

The Brain and the Genital System.

The most intimate sympathy exists between the brain, the spine and the genitals. Not a sympathy merely, but an absolutely direct, palpable and reactionary connection.

Thus, as a very condition of man's constitution, the brain has a direct influence on the generative organs, and *vice versa*. Any abuse or injury to the latter will inevitably react upon the brain.

Thousands of cases are recorded where injuries to the head, especially the cerebellum, or base brain, have resulted not only in impotency, but atrophy in the genitals organs.

The learned Dr. Hollick says: "The connection between the sexual organs and the nervous system, especially the brain, is of the most overwhelming importance. Not only may the bodily health of human beings be affected by peculiarities in the action and development of their sexual organs, but the tone and ability of their *minds*; and, also, their *moral tendencies* are under the same influences."

Continuing, this eminent physiologist says:—"The reason why the victim of excessive seminal discharge suffers from almost every ailment of body and mind is evident. The stomach cannot digest, the heart cannot propel the blood, nor the brain think, unless they are supplied with a due amount

of nervous power, and if most of that be expended in the production and evacuation of the semen, of course they will be deficiently supplied, and will consequently perform their functions imperfectly. Here then we have the cause, in such cases as dyspepsia, heart disease, dullness of the intellect, insanity, and a thousand other evils."

Dr. Warner says: "Sexual weakness and imperfections constitute the great majority—perhaps nine-tenths—of the causes of nervous and mental imbecility and derangement."

The late Dr. Armstrong says:—"The solitary vice of Onanism produces affections of the head."

Dr. Jordan has this to say:—"As the nervous system suffers, the brain becomes the subject of disease; melancholy, indifference, disgust, misanthropy, pass through their various grades into madness, and the startling truth must not be concealed that self-pollution is a frequent cause of insanity."

Dr. G. Howard Jones observes: "Certain it is that as cerebral injuries cause disturbance of the genital system, so, by analogy of consequences (as proved in innumerable instances), the injury to the generative organs, and the drain of the nourishing fluid which is designed as Nature's great stay and support, debilitate, paralyze, and ultimately pervert and destroy the faculties of the mind."

The same learned authority continuing, says:—"The physicians of antiquity observed, indeed, that cerebral disease, in any of its graver aspects,

whether of raving madness, passive idiocy, or the wasting misery of hypochondriasis, *does not exist* without prostration or perversion of the generative faculties; but it was reserved for our own age to discover that the former affections *could not exist* without the latter—that the one is, in short, the irresistible and certain provocative of the other.”

How to Prevent Bright's Disease.

In this as in many dread forms of disease, *prevention is better than any cure*, and the first important thing is for the sufferer to have accurate knowledge of the first encroachments of the enemy—a knowledge hardly to be obtained through any self-diagnosis.

SYMPTOMS AND NATURE OF BRIGHT'S DISEASE.

Also called albuminaria, from the presence of albumen, in the urine. Often the first symptoms are a watery or puffy condition of the face under the eyes, and then a general dropsical condition of the system, indicative of a change in the structure of the kidneys. A slight ache is followed by a heavy and deep-seated pain in the back. The urine is scanty, red, brown, or muddy, and contains albumen and various sediments like brick dust. There is more or less nausea, and sometimes vomiting; puffiness of the face, feet and abdomen: shortness of the breath and general weakness: pallor, dryness and harshness of the skin; chilly feelings alternating with fever and sleeplessness, poor appetite, and pains in the limbs frequently mistaken for rheumatism.

Although the specialists are not quite ready to insure a cure of this fell disease, they are fully prepared to lessen its mortality, and to remove much

of the terror the insidious enemy has caused. They have discovered methods of treatment which are effective, if only the disease has *not made too great progress*. Because the analysis shows the presence of albumen, it no longer follows that the sufferer is on the high road to certain and speedy death. In fact, the experts in genito-urinary science have achieved some amazing results with cases where Bright's disease had become well developed. Nevertheless it is regarded by them of the utmost importance to *discover the fact as soon as possible after the kidneys have gone wrong*.

To this end there are now laboratories in the larger cities where specialists make thorough microscopical examinations for clients, submitting their urine to rigid scientific analysis. A detailed report is thereupon furnished, and if albumen or acid are found, or any other abnormal condition, the patient can take his information to his regular physician, or otherwise, possessed of exact knowledge of his case, may take any step he chooses to correct the condition.

Otherwise application may be made to any competent analytical chemist. Submit for examination about a half pint of urine which is first voided in the morning.

Sufferers from Bright's disease are warned against strong diuretics, very frequently prescribed for acute and chronic inflammation of the kidneys. *They will not do for this disease*, where the kid-

neys, excessively delicate and debilitated, cannot withstand any over-stimulation.

A safe medicine, and one of the best known to prevent or arrest the waste of the kidneys, is the following:

R Fluid ex Eucalyptus Globulus, 2 ounces.
 Glycerine 1 ounce.
 Water 3 ounces.

Mix, and for a dose, take one teaspoonful, one hour after meals, three or four times a day.

Violent exercise must be strictly avoided; *no malt or alcoholic beverages are allowed*; drink all the milk and buttermilk you can retain, eat generously as possible of plain food, keep the bowels open, and maintain even moderate habits.



NATIONAL LIBRARY OF MEDICINE



NLM 00134082 8